

# *Mindset, Motivation, Action*



Stan Simmons

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## Mindset, Motivation & Action

Recently we discussed the area of goals and explained the acronym S.M.A.R.T. That is used to help make our goals more realistic and meaningful. Next I wanted to briefly discuss the area of developing a healthy lifestyle once these goals are established. So here we go:

### Developing A Healthy Lifestyle:

One important area I wanted to explore is using goals to develop a healthy lifestyle through fitness activities. Some key elements that help you develop strong, positive goals is a very positive mindset, strong motivation and then take ACTION. Nothing gets accomplished without action no matter how well planned.

### Ditch The Negativity In Your Life:

It is almost impossible to develop a positive mindset when we surround ourselves with negativity, especially negative people. Soon we begin to show signs of thinking like them....negative.

### Three Types Of People To Avoid:

1. Mr. Negative: This person seems to have a problem for every solution. This is a very toxic person and should be avoided at all costs.

2. The Critic: This person always has something negative to say about everything and everyone. This person also loves to gossip. A very poison personality for sure.

3. The Victim: They never accept responsibility and according to them life is always unfair. They just can't seem to get a break

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## **Clean Your friend List:**

There is no way to build a positive mindset when you are surrounded by such negative influences. If you really want a lifestyle change, this is the place to start. Whether it's online friends or personal friends, if they don't add to your life, they don't belong in your life. As you implement positive changes in your life these type of people tend to drift away from you anyway. Positive, motivated people tend to attract other positive, motivated people.

## **Positive Mindset & Motivation:**

Now that you are developing a more positive mindset by being around other positive, goal oriented people I think you will be surprised at how your motivation level increases. I think you will also see a higher energy level and better, more peaceful sleep at night.

## **Now For The Action Part:**

Now it's time to put it all together and take action so that this momentum can be maintained. If you have ever wanted to get a fitness program started, this is the time. Maybe you have a friend with the same goal. AWESOME !! Team up and support each other. This way you hold each other accountable and the chances of success are much higher. If you don't have a friend to partner with what about the services of a Life Coach, a Wellness or Health Coach to help you get started and hold you accountable. To get started you don't really need a gym membership. There are some awesome bodyweight workouts that will get you in good physical condition. I will talk more about these in a future post. Take care, stay positive and keep moving forward. Be sure to visit [courageouspaths.com](http://courageouspaths.com) or on facebook: [courageouspaths](https://www.facebook.com/courageouspaths). If you like what you see feel free to leave comments and to share with others.

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