

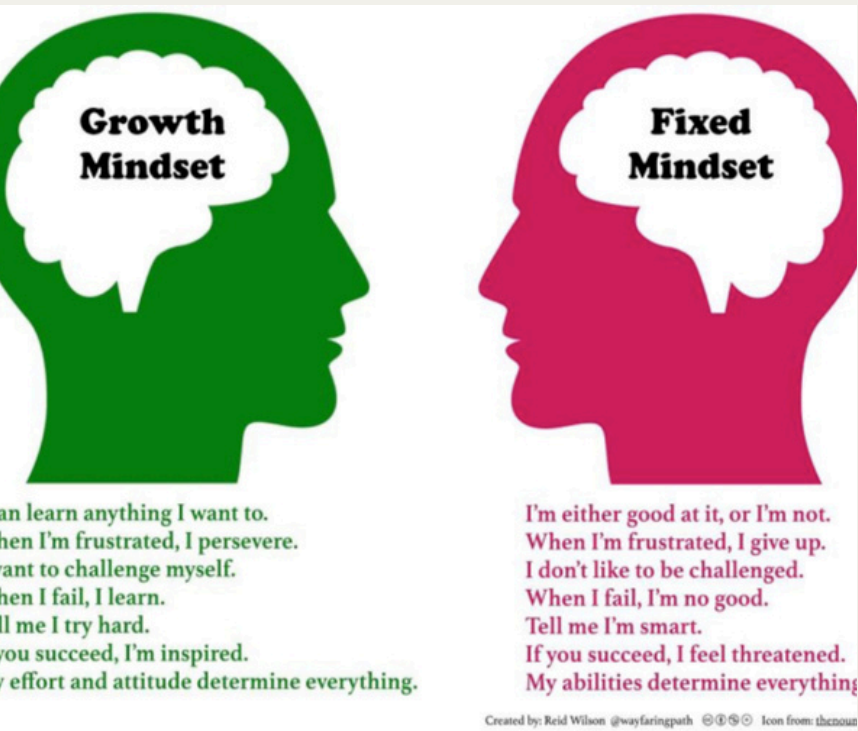
ACTION OVER FEELINGS



You have a goal. Let's say it's to lose weight. What barriers do you think you will have to overcome in order to reach this goal?

Let's look at barriers and what you can do to overcome them to reach your full potential.

But That's How I Feel



Barriers that get in the way of us reaching our goals are mostly put there by ourselves. Think about what holds you back from reaching your goal of weight loss, how do you speak to yourself? What excuses do you tell yourself and other people that creates a narrative to reinforce why you are not making progress?

I am very certain that the barriers you create are based on your thoughts and feelings...am i right?

“I feel too tired to do that workout today” “I don’t have time to go to the gym”

“I’ve tried before I cant do it” “People will look at me in the gym”

“I can’t afford a gym membership” “I don’t have time to cook nutritious meals”

Do any of these sound familiar?

These barriers can be overcome. They are internal, a story you are telling yourself so you don’t have to make the effort. Maybe you secretly like where you are, it’s easy and comfortable. Who doesn’t like easy and comfortable? But easy and comfortable won’t let you achieve your goals. Discomfort and hard work will.

So what can you do to change the narrative and say goodbye to your internal barriers?

Reframe. Reset. Redirect.

The three R’s.

Reframe. Reset. Redirect

OK, now lets use some of the examples already given. “I feel too tired to do that workout today” Yes we can have days our body needs rest, but are you using it as an excuse? Exercise can actually give you energy, it relieves stress and boosts your mood. If you are being honest with yourself and use tiredness as an excuse then lets **REFRAME** that sentence.

“I feel tired today but I am going to workout even if I don’t manage it all” A statement like this will validate how you feel but at the same time make you feel less overwhelmed. You do not have to do the whole session, by doing even 10-20 mins you are still being consistent and working to create a new habit.

“I don’t have time to go to the gym” This thought you can **REDIRECT**. Change the plan. Exercise doesn’t always have to be in the gym! It can be at home, going out a walk, gardening, doing the house work. If you have time to sit and scroll through your phone, watch a tv programme or read a book then you have time to exercise. We all make time for what and who is important in our lives. **YOU** are important and so is your health. Make the time. This also works for cooking more nutritious meals and avoiding less healthy calorific dense foods. Make time. Meal prep. Find easy affordable quick recipes. MAKE A PLAN. Plans are easier to stick to than leaving yourself to ‘wing it’.

“I’ve tried before I can’t do it” It is time to **RESET**. What you did before didn’t work for you. Start again. Think about what you can do differently. Time to tell yourself “I can and I am going to do this”. Self-talk is so important. What you tell yourself you believe so change the narrative and believe that you can make progress. You can reach your full potential. You can put the work in. Each and every time you fall, get back up, reset and start again.

YOU ONLY FAIL WHEN YOU QUIT

Next time you are having a less than helpful thought or feeling a certain way use the three R’s to help change the narrative. A narrative that will get you up out of bed in the morning, that will encourage you to take steps towards your goals. That will help you to create the life you want.

Your thoughts will determine how you feel and how you feel will determine your actions,

It works the other way too!!!

Taking action no matter how you feel will change how you feel and influence your then influence your thoughts.

