

Helping you FIT Fitness & Mindful Wellness Into Your Life.



This month's focus....

When In Doubt... THINK from the End!

I just heard a statistic that 1/3 of Americans feel dissatisfied with their lives right now..... that is 100 million people!!! That blows my mind and is so sad.

Not coincidentally (because I do not believe in coincidences), just before hearing this I opened a book that was my dad's (so I often consult it for guidance as I would have him) to a page that said, "Picture yourself at your own funeral." Now this may sound morbid and uncomfortable, but I encourage you to put aside what first comes up for you and spend a bit of time thinking about that. How will you want to be most remembered? Is that the legacy you are living now? What gets in the way? I believe that thinking from the end helps us see what is most important to us and then we can create our journey accordingly. Pause and breathe. Think about what came up for you in this short exercise. Does it tell you anything about things you might be willing to let go of now or change the importance you have put on them? I'm guessing that the number of us who are dissatisfied has a great deal to do with us forgetting that WE ARE IN CHARGE of our lives. I work with people all of the time who are exhausted from running and doing and never having enough time to get it all done. We so often live for "Some Day," but the some day never comes and we become human doings vs human beings. It is a vicious cycle, but it is easier to change than we may think. That gnawing feeling is our authentic self speaking to us and trying to call us back; trying to tell us to PAUSE and to see all of the good in this moment. I have a picture hanging in my kitchen that has gotten me through some real tough times. It reads "We make a good life one moment at a time." It helps me remember that life is not a problem to be solved and that I may not have to put huge efforts into creating a good life and into being happy...it isn't a destination. It isn't a chore. It happens in a moment ~this moment~ which builds on the next moment. I would add that in moments when we FEEL HAPPY we should PAUSE and make a memory of this. The tough moments create a memory because there is a threat and our body and mind are alerted, but we can make memories of the good moments too!

Now, back to "thinking from the end." This does NOT simply mean the end of our lives. It is wise to think from the end in myriad ways. I do this before a yoga class ~ how do I wish to feel at the end? I do this in morning affirmations by asking how do I wish to feel at the end of the day? It works great for goal-setting too! The biggest thing I try to do in coaching is to help others see things AS WE WANT THEM TO BE (from the end!). We truly do get more of what we think about, so picturing how we would like to FEEL, to BE, to spend our time, etc. is life-changing! If you cannot join a Vision Board Workshop where we help people do this, take some time on your own. Let your authentic self speak to you. What does he/she yearn for? What would you Be, Have and Do if this were your life? Creating a vision of this means we literally start acting AS IF and allow things to unfold as our heart desires. It is as if the Universe and our truest self align to help us be what we came here to be and we start becoming that new person versus battling what "is". For what "is" now is simply a result of what we had been focusing on. If we start to own our power for choosing how we prioritize our lives and how we make changes when something isn't working for us, then we are guided to and creating a life of fulfillment and peace! I truly believe that is what we all want! Wishing you all beautiful dreams that become your GPS system! ~Love, Kristin

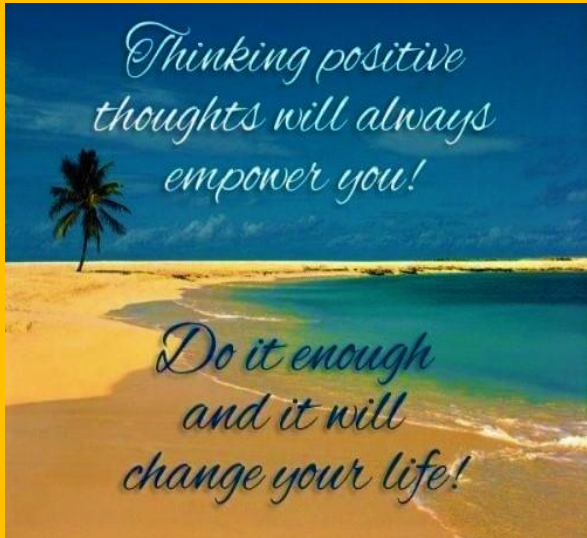
Client of the Month!

A huge shout out to Chris V. for her dedication to and results from the 21 Day Reset!



"I lost 11 pounds! I learned about a new me. I told myself I could stick to a better way of eating and tried new foods that I never thought I would eat! I have so much more energy, and am not craving sweets at all! I feel great!"

Eat Well, Move Well, and especially..... Think WELL!



We ALWAYS have a choice.... And it takes the same amount of effort to think a positive thought as it does a negative one, but the first has such beautiful payoffs!!!