



Mental & Emotional Foundations to Health & Fitness Success

When you start a journey to go somewhere the plan is to arrive at a set destination. Many people start their fitness journey with goals such as 'losing weight' 'losing fat' 'getting rid of the belly' 'dropping the bingo wings'. If you set out to travel somewhere, do you leave saying you want to 'leave your house'?

No! You plan a destination and you then work out a route to get there.

So when you are setting your goals, you should look to describe what you want rather than what you don't want.

Whatever you think about most is what you are most likely to get.

So, thinking about fat or weight (even though you say you don't want it) is causing you to think about fat and weight and often obsess over it. Rather, focus on wanting to be healthy, have a small waist, grow bigger arms, develop your bum or calves.

But even then, that is very simplistic.

You should be looking to be more specific.

Again, you don't set off on a journey saying you want to go South or North. Or that you are going to a certain City. You have a hotel in mind or someone's house or a venue. It is very specific where you are going, otherwise how will you know if you have arrived?

Same thing goes with your fitness journey.

Decide what you are looking to achieve, clarify the picture, be very clear on what you are aiming to achieve, then work out the route to get there.

But along the way there will be distractions, alternative routes, short cuts offered (that you have no idea whether they take you that way or not) roadworks, delays and simple miscalculations.

What is going to bring you on track is not will power, it is an emotion. A drive to want to get to that destination more than the inconvenience of the road block or the desire of the alternative fun park you pass on the way (nights out, sweets, cakes, takeaways etc) the emotional connection to the final destination and the internal desire to get there has to be bigger than the draw of any distraction along the way.

**Dynamic Core Studios
Unit 6 Baird Court
Clydebank Business Park
G81 2QP**

www.dcsfit.com



Have a read at this article for more on this - <http://www.dcsfit.com/goal-setting/>

To sum up, before you begin your journey, know where you are going. Be sure you know exactly what you are trying to achieve. Live it in your head, picture it, feel it and continually ask yourself 'Why', that way you will find the true reason for wanting this result and your emotions will keep you enthusiastic and driving forward and if you have a plan, a real road map that is to your specific destination, no matter what happens you can always find your way back on track.

If you keep moving forwards and you have the directions, how can you fail?

Simple answer - you can't.

Get your head in the right place and your actions going forward will have a much greater chance of success.

Good Luck,

Mark.

Dynamic Core Studios
Unit 6 Baird Court
Clydebank Business Park
G81 2QP

www.dcsfit.com