

## It's All About Attitude

Sunday, 30 September 2007

When it comes to reaching your fitness and weight-loss goals I am always stressing the importance of eating healthy and working out intelligently.

Of course these things are very important but there is an aspect of reaching your goals that is Most Important - a third ingredient that can absolutely make it or break it for you!

### ATTITUDE!

Having the right attitude is Imperative. It is scary how quickly negative thoughts can lead to lack of self-confidence, depression and hopelessness.

It is important to concentrate on positive thoughts, because that will lead to positive results. Don't tell yourself that you will always be overweight and unhappy or unhealthy, because then that is precisely how you will end up.

You have to take those negative thoughts and turn them around... that is the only way you will succeed. But in order to turn those negative thoughts in to positive ones, you have to be aware of that negative voice in your head.

You need to listen to yourself. Listen to how you speak to your self and what you say to others about yourself. Even if you say it in jest... it is still a negative expression.

Do yourself a big favor and for today, don't judge yourself, just listen to what comes out of your mouth and what is going on in your head when it comes to YOU!

Observe, and if you notice that it is mostly negative, then now is the time to keep up the awareness of those negative statements, and as you are making them or thinking them, immediately find a way to turn them into positive ones.

For instance, this might be what you hear yourself say or think: "I am hopeless, I am never going to be able to lose this weight, where will I find the time and the energy?" Immediately turn that into: "I don't have to lose all this weight at once, I can start by making small changes that does not require a lot of time or effort - Every little bit counts."

See! Now that is positive and it immediately makes you feel like this is something you can do.

No matter what it is... be aware of your thoughts and take those negative ones and find a way of turning them into positive statements... It might take a little effort and practice in the beginning, but soon it will become a habit, and a healthy one at that!

A positive attitude will help you reach your goals much quicker and with greater ease!

You have the Power!

Kind regards

Vanessa Bader

P.S. The Hot Burning Body Workout is a Fun workout that will help you feel inspired and will put you in a positive frame of mind right away!