

Mental Rules For Women To Live By



For some, success appears to come easily; at home, at work and socially. It's a myth that success is based purely on luck. It takes hard work. Work that is made all the more difficult by those who approach it with the wrong frame of mind. Those that succeed 'on the field' often adopt a positive mental attitude, are goal-focused and *self-starters*.

If you want to be a winner when it comes to fitness, you need to adopt the mental attitude of successful women. Fortunately, we have looked at the research by *Catherine Di Benedetto and Joel Harper* who identified the key mental rules fit people should live by. We have updated and added to these exclusively for you so you can get started on changing your mindset, setting and achieving that fitness goal.

- **Silence the negativity**

Generally, women tend to be much harder on themselves than men and negative thoughts make a daily appearance. In order to get started, you have to turn these inner comments on

their head or banish them entirely. If your brain is telling you you'll fail and you don't ignore it, the simple fact is, you will fail.

Next time an ugly thought rears its head, challenge it, take the higher ground and get on with your day.

- **Commit, commit, commit**

As we said earlier, success doesn't come easy. It takes time and it takes commitment. When you're ready to start a fitness routine, analyse your work and personal life and see where you can fit it in. If you want to run around the park three times a week. Do it. If you want to lift weights six times a week. Do it. Remember ***Sticking to your word*** is goal in and of itself.

- **Set daily, weekly and monthly challenges**

The best person to compete with, is yourself. Setting regular quasi-goals in order to achieve your overall goal, will push you to get there. Your body can be trained to go harder for longer and every time you pass a milestone you'll realise just what your body is capable of. We guarantee you'll be pleasantly surprised.

- **Picture the win**

If you can't see the end game, it will be virtually impossible to get there. Before starting your fitness journey, visualise ***what you want***. Regardless of whether it's a flatter stomach, toned arms or just generally feeling healthier, picture yourself as that person. Once you see this newer, improved version of yourself, you'll want to get there more than ever.

- **Do it for YOU**

Do not underestimate the power of this rule. In order for changes to happen, it has to be your inner self guiding you, not someone or something else. External factors are subject to change and there is no better reason for doing something than because you want it for yourself.

- **Stop the excuses**

'I would go to the gym today, but it's raining / I'm tired / the planets aren't aligned'.

Whatever the excuse, it's been heard before and the only person losing out, is you. So unless your legs actually have fallen off in the last 24 hours, there is very little reason for not completing that day's fitness challenge. If they have, well you can be forgiven and it's probably best to consult a doctor asap...

- **Preempt obstacles**

Things happen. Life happens. There will be times when despite your best endeavours, your plan gets sidetracked through no fault of your own. You can get over this by identifying in advance what may trip you up along the way and devising a back-up plan. Likely to work late? Schedule a lunchtime exercise class. Too busy? Get up an hour earlier and workout in the morning.

Whatever the problem, there is always going to be an answer, you just have to think ahead and beat the issue before it beats you.



- **Whatever you believe, you will conceive and you can achieve**

Esteemed author Napoleon Hill was onto something when he said this. If you believe you will be successful, you will be able to formulate the path to success in your head *and* ultimately, achieve it. Success is 80% psychology and 20% action; as long as you have the right frame of mind and a whole heap of self-belief, you can attain your goal.

- **Plan your route**

Goals, fitness or otherwise aren't achieved by chance; hard work needs to be supplemented with a plan. Knowing what you want is only half the battle, you need to also know *how*. Want to lose weight and tone up? Research the key exercises and make these the focus of your fitness regime.

Planning your meals is also important; Sunday nights spent preparing meals for the week is never a bad idea. It saves you time during the week and will also prevent you from making unhealthy food choices when you are faced with a spontaneous lunch expedition to Prét.

- **Celebrate your victories**

Regardless of whether it is completion of your first spin class without fainting or your 15th ironman competition, it is important to acknowledge your successes. Doing so will motivate you to continue on your fitness journey and positively reinforce the belief you have in yourself to continue winning.