

KEY FACTORS FOR A HEALTHIER LIFE

MINDSET TO DIET, AND EVERYTHING IN BETWEEN

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INTRODUCTION

When it comes to the topic of healthy living, we are surrounded by information. Eat green leafy veggies, and not plain white bread. Intermittent fasting. High intensity interval training. Hot yoga. Hot water with lemon. Apple cider vinegar. Keto. Juice fasting. Vegan. Work out in the morning, or the afternoon, or the evening, but not too late at night.

Everyone swears that the specific diet and exercise regimen they and the people like them follow "works". And the truth is, everyone is right. After years of health fads and trends, it's been proven that, with consistency, any diet or exercise regimen is effective. This is good news. It means that living a healthier life is accessible to everyone, no matter what diet they're on or physical activity they choose. It also means that the healthier life you want to live is all up to you.

The problem with being surrounded by all this easily accessible health information is that it is very easy to get confused.

The premise of this book is that you are your own health expert. You are the only person who knows what works for you. I believe the answers for how to live your healthiest life will come from within. I wrote this book with the intention of helping you tap into that inner expertise.

First, we cover mindset. You'll create or clarify your vision for your future healthy self. This step is everything. We will come back to it in every chapter.

Second, we'll look at how to set goals specific to improving your health.

Next, in creating your wellness and lifestyle, we cover how setting small goals will help you change your perspective.

Stress is a natural part of the process, but so is rest, which will be discussed in the following chapters.

And finally, how to stay focused when it comes to the hot topic of food and nutrition.

PART 1. MINDSET

On your vision and creating your *new identity*.

START HERE: YOUR VISION

Think about who you are at your healthiest. What do you look like? How do you dress? How is your home decorated? What does a typical day look like? You may already have a clear idea of who this person is, or it might be a fuzzy image that you haven't thought too much about.

Now is your chance to take that idea and make it into a vision.

It's important to have these details. Knowing about the person you want to be is what will drive you towards a healthier life. This vision will determine your framework for the next five chapters in this book: your goals, wellness and lifestyle, how you reduce stress, get quality sleep, and build a food and nutrition program that works.

The one thing that makes that version of you possible is the one thing you can't see; it is mindset.

A mindset is simply a framework for seeing the world. It is a set (hence the word) of beliefs you have about the world around you that colors how you see yourself, other people, and life in general.

The not-so-great news is mindset is one of the most difficult things to change about yourself. But your reaction to this

challenge gives you an important clue as to where your mindset is right now.

Yes, it will be a challenge to change. Are you up for the challenge?

Let's go back to that version of yourself that represents your healthiest life. Imagine how they would react to a big challenge. Think about what they would say to you as you embark on living a healthier life. Maybe you're accustomed to thinking that changing your mindset is too difficult. If this is the case for you, consider yourself lucky because your mindset is officially your first challenge.

Here's another thing about mindset: you don't actually have to wait until it's changed to live the life you want to live. Your work towards a healthy mindset will grow with time as long as you are committed to the process. This is the good news. You can commit to changing right now, and build yourself up to living the life you want to live. You'll naturally discover a new mindset along the way.

This points to another piece of good news. Your new mindset doesn't have to be completely figured out as you work towards a healthier life. As you make healthier choices, you'll naturally build a new mindset that will support the life you want to live.

Here's another thing we often hear about goals: you must commit and do them every day. While this is true, it's also a potential trap to fall into as you start on your journey. Let's say after three weeks of making consistent progress and working every day, something happens. Your knee starts to

hurt, or there's a family emergency and you take one day off... That turns into two... That turns into a week.

Most people would be tempted to give up after a certain point, especially if they don't allow themselves some flexibility.

CREATING A NEW IDENTITY

Make rest and consistency a part of your new identity. Will the new you fall off track if they skip a day or get sick? No. The top athletes in the world can take a day off and know they'll get back to it the next day.

You might not be a top athlete, but why not think of yourself the same way? The only difference between those athletes and you is the level of social pressure. Think of yourself as a top athlete in your world. You might need to take off a couple weeks to take care of yourself or a family emergency, but instead of looking at this as fatal when it comes to your goals, you can see yourself as the decision maker in your life, not the circumstances that surround you. This means you can see yourself as the person who can take a couple of weeks or months off but know that you're still committed to your goals.

Thinking of setbacks this way will also help you to build more flexibility when it comes to your routines. Many times, when someone builds a health routine around fitness, they seldom think of alternative ways to get their needs met. Instead of running, they try boxing or yoga. Instead of using weights, they find items around the house, buy a set of bands, or opt for using body weight instead.

There are multiple ways to get fitness into your day. Knowing this is an example of what it means to have a flexible mindset when reaching for your health goals. The point here is commitment. You want to stay committed to your goals no matter what, but allow yourself the opportunity to explore what your body is capable of, and change routines if you need to.

Failure is another tricky concept, but one that you can define for yourself. Instead of thinking of a couple missed days as a "failure", think of winning.

As long as you are committed to your health and yourself, you are winning.

It doesn't matter if you "miss" days or eat half a dozen donuts as long as you are really committed to your health long-term. From this perspective, you could define a successful day as one where you keep this commitment in your mind regardless of what is going on in your life.

Here's a secret many successful types understand: failure only exists in the mind. Don't make the mistake of thinking this is just positive psychology nonsense. Even if you have one day where you forget your commitment, you can wipe out that failure the next day by recommitting, by getting back up on that horse.

If you pick up your commitment again, does the one day when you "fell off" matter?

And if it does not matter, how long will you continue to punish yourself for what happened yesterday?

The beginning is the toughest part. It's at this stage when a minor setback can seem like a failure. But with time, you will get further away from the starting point and begin to build confidence. You can put process to this by using small goals, which we'll cover in the next chapter.

*** END OF SAMPLE ***

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