



# You've Got This

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Remember the days when you exercised and ate healthy food because you wanted to have a great body? I do, however, once said goal was achieved or the momentum was lost, I fell off track.

Now my reasons are very different. I place so much focus on health and wellness purely and simply because I want to have a great life!

For many of us the definition of wellness extends beyond the physical. It encompasses the emotional, the intellectual, the spiritual and even our finances. It is about having an abundance mindset and believing you deserve what you really want.

What does wellness really mean for you? Do you know precisely what you want for yourself and your life?

Herein often lies our dilemma. Either we don't know what we really want, or if do; we begin to lose focus, momentum, and eventually give up our dream.

Many of the teachers of our time have shared about the power of focus. Acting as if you have already achieved your outcome, ensuring that your mindset is an empowering one and not one of limitation. As W. Clement Stone famously quotes, "whatever the mind can conceive, it can achieve."

Ask yourself a few questions. What is the truth about where you are right now? Do you have the body you want? Does your career fulfill you? How are your relationships, your finances? Do you focus on abundance or scarcity? What is your next right move?

A common excuse we use is that we do not have the time to invest in our own wellness. No matter what your role in life, to be an example is one of the most effective ways to lead and inspire others. You cannot serve from an empty vessel.

Find your truth, commit, take action and believe that "you've got this". Here are some tips how!

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- 1.** Remove the story about not having enough time and decide that you do. There are 168 hours in the week; with effective planning and prioritizing you find the time.
  - 2.** Decide that you have a bottom line, you have basic needs that are a must, rituals in your day that are non-negotiable. What are your daily habits?
  - 3.** Do not make things too complicated, especially not in your head. Set yourself up to succeed. With realistic achievable goals, small changes make a big difference.
  - 4.** Success is about progress, not perfection. Continue to move in the right direction. Remember, even if you fall, at least you are falling forward!
  - 5.** Acknowledge yourself for your achievements, no matter how small they seem to you. Keep focusing on the positive. If weight loss is your goal, the best way to manage your weight is to manage your state.
  - 6.** One of the main reasons we don't keep our resolutions and commitments is that we don't love ourselves or feel worthy of success. Therapist and author Dr. Pat Allen says, "The only way you know you love yourself — or anyone else — is by the commitments you are willing to make and keep."
  - 7.** When you feel like giving up then don't do it! Remember that so far you have survived 100% of your worst days ever, so things are OK!
  - 8.** No one can do it for you, however some one can do it with you. Ask for professional help or get an accountability partner.
  - 9.** If you do not go after what you want, you will never have it. Start now as sometimes later becomes never!
  - 10.** Remember that you cannot change what is going on around you until you start changing what is going on within you.