



Boot Camp Mind Quick Start Guide



Welcome to Boot Camp Mind

Congratulations on taking a stand on your own behalf and stepping up to the awakening, liberating adventure that is Boot Camp Mind.

These **10 Motivational Tools for Health, Weight Loss, and Fitness Success** come from my own arsenal of strategies.

Each of these tools I have personally implemented over and over again to achieve my own thrilling – and lasting – weight loss, health, and fitness success.

These Tools have been central to my coaching programs for years. And the need is great for having them in a concise, usable format for you. A system that gives you the opportunity to build these skills one week after another.

Introductions

Hi, I'm Lani Muelrath, the plant-based fitness expert from lanimuelrath.com, and creator of Fit Quickies, the Body Transformation Formula, Woman's Fitness Blueprint, and of course what you are listening to now, Boot Camp Mind.

In the 10 lesson series of Boot Camp Mind, I am sharing with you 10 of my Top Motivational Tools for Health, Weight Loss, and Fitness Success. I specialize in helping your gain your health and get your body back through three important avenues: food plan and eating, exercise and fitness, and also mindset and motivation.

All 3 are critical to your success. Yet it is the all-important mindset for mastery and motivation, that make it possible for you to engage and follow through with your eating and fitness plans to be ultimately successful.

Boot Camp Mind is the voice of **focus**, compelling **commitment**, the *'just do it'* you. The part of you that is connected with your better judgement, that is inspired to realize your greater potential.



There is no time like now.

You know not only how important your health, weight and fitness are to leading a vibrant, energetic and productive life. One filled with body confidence that brings you more fully into expression, living your potential, pursuing your passions and realizing your dreams.

You also know that cultivating motivators are deeply important to your success. *Motivation is everything.* We can know the right food to eat, the right workout to do, the right this for that – but if we don't have a drive behind it, a reason for what we do – motivation – it can be too easy to get lost in the varying commitments that blindside us in our daily lives. It's just part of the human predicament.

How Boot Camp Mind Was Born.

Responses to a reader survey I recently conducted were very clear on what my readers wanted most. 4 or 5 key items floated to the top of the list, and one of those was “staying motivated to exercise”, “staying motivated to stick to my food plan”, “staying motivated to....”

In your words

Here are some comments pulled directly from the hundreds of survey responses I received:

“I just can't seem to get up and do ANYTHING. I know I need to and I want to , but just can't get the "mindset". I quit smoking about 11 months ago and have gained 41 lbs!!!! So disgusting. I am 56 and miserable.”

I have good intentions but don't follow through, either on eating or exercise

“I need help with getting into a routine and sticking with it. I have been eating about 85% vegan, but have times, even during 1 day where I fall off the wagon. Exercise, I just need to focus, set time aside, and do...but that does not seem to happen. Always an excuse can come to mind and it does not get done either. Those are my main concerns.”



"I don't stay consistent because I always put everyone else's needs before mine."

"I don't stick to the plan... I am wishy washy back and forth. Go out of town, eat horrible, then family eats everything...I give into the temptations around me. So there you have it the real me. Blah."

"Exercise motivation is now my big problem. Sticking to a fitness plan."

"Tackling the last 10 pounds and sticking to an eating plan for more than a few days is challenging as frustrations set in. Impatience is my middle name and I give in quickly when I don't see immediate results. I need help with a better positive mental outlook."

"I'm good at eating healthy. But I have a hard time fitting exercise into my schedule. I know I need to make it a priority, but somehow I don't."

"How long was the process of losing the weight, how much do you (really) work out over a month, what keeps you motivated and how do you inspire the people you see every day to support you?"

And that's just for starters.

My story

I am one of those people with a genetic code preset to gain weight easily. When you think about it, we with the ability to pack on the pounds are the survivors, the strong ones! Somehow thinking like that didn't bring me much comfort though.

So for years I labored to tweak my diet to my 'weight problem'.

This took my diet through lots of incarnations. In a contest of who's been on the most diets in their lifetime, I usually win.

Long short, after years of yo-yo dieting and trying to tweak this and that to come to some kind of truce with my weight and eating challenges, I finally hit upon the wonderful way of eating that allowed me to realize my ideal of a slim, energetic body without, as I like to say, 'going hungry or exercising like a maniac'. Figuring out the food is *big*, and that's why I teach a whole foods, low fat plant-based diet.



Yet there's another level to all of this, isn't there? We can have all the knowledge and understanding about how to eat and exercise to achieve our health and weight loss goals.

But if we don't have our head wrapped around it, the knowledge is worthless. I spent years – decades even – in self-sabotage. Even with the perfect diet and exercise plan in my hands I couldn't make it past the habits and temptations that kept sabotaging my success. It was so frustrating! Perhaps you can relate.

I finally found the formula that made it possible for me to be now down 50 lbs from my top weight of 189.5 – and that was 13 years ago. The process that I went through has actually now become the foundation of my coaching and programs. It took the food, of course, but it also took attention to mastery of mindset. Learning how to focus. As I went through this process of change, I chronicled every motivational and focus strategy I tried. The ones that proved successful, I kept doing. Then I started to teach them to others.

Some of the Tools for Motivation in Boot Camp Mind may look familiar. Some may be complete surprises! You will find some of them no doubt more immediately useful than others.

How to Get the Most out of Boot Camp Mind

1) See Boot Camp Mind with Beginner's Mind

Give each Tool in Boot Camp Mind a fresh look. See the ideas through the eyes of a beginner.

2) Read the transcript AND listen to the audio – both! And then do it again. I have provided written transcript as well as audio recording so that you can absorb the information on 2 levels. Voice inflection and connection can deliver different insights from the written word, and vice versa.

3) Do the Action activities for each lesson. Delivery of the Lessons is intentionally spaced by a week for each lesson. This is to give you time to not only do the activities, but also practice the skills associated with them. It also gives you an opportunity to more deeply focus on each lesson before incorporating the next.



4) Keep a Journal of your own Awakenings and Action Activities responses.

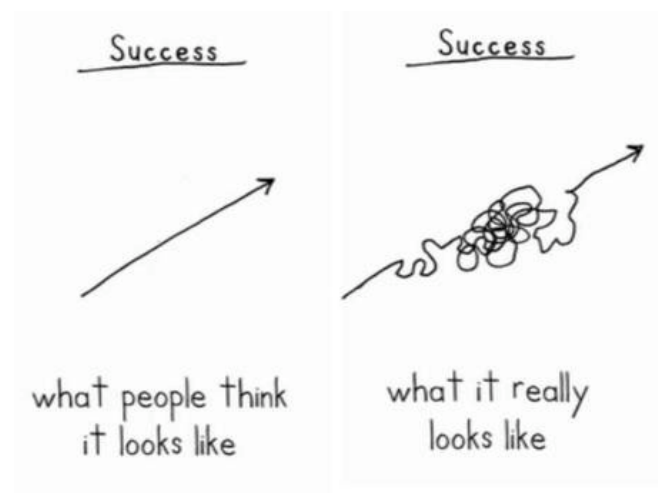
Take advantage of all the modalities for insight, implementation and reinforcement of these tools. Rewrite the Motivators in your own words. Practice, infuse, make it yours!

5) Share your comments or questions on [facebook](#). If you are on facebook, come on by and leave any comments or questions as you progress. If you don't have a facebook profile, you can always reach me on the blog or by email.

6) Be aware that some Tools you will have a more immediate connection with than others. That's fine. Keep them all at your fingertips to revisit and incorporate in your own sweet time.

One last note:

Keep in mind that success is not a straight line process.



The sooner we wrap our heads around that one, the better. It's time to give up the "what the hell" mentality. You know what I mean. "I've eaten off my food plan so I've totally blown it and what the hell, I might as well eat...." If you go into it knowing that due to the human condition you won't be at 100% success every single day, then, well, guess what. That's part of *Boot Camp Mind*.



Award winning Lani Muelrath, M.A, CGFI, CPBN, ' the Plant-Strong Fitness Expert' and creator of [Fit Quickies™](#), **Woman's Fitness Blueprint: An Action Plan for Success** **The Body Transformation Formula** and **Boot Camp Mind: Top 10 Motivational Tools for Health, Weight Loss, and Fitness Success** specializes in helping people who struggle with weight and energy transform their bodies - without hunger or exercising like a maniac.



Lani has a Master's Degree in Physical Education, and is **Fitness Expert** for the *Dr. John McDougall Health and Medical Center* as well as Coach and Presenter for the *21-Day PCRM Vegan Kickstart* and the *Coronary Health Improvement Project (CHIP)*. She is also **Certified in Plant-Based Nutrition** through **Cornell University**.

Lani Health & Fitness Expert for *Vegan Mainstream* and contributing Health & Fitness Expert for *Engine 2 Diet.com*, and Healthy Living Examiner at *examiner.com*.

Lani is also Guest Lecturer in Kinesiology at San Francisco State University, and Associate Professor at Butte College. She created and starred in her own CBS TV show, "Lani's All-Heart Aerobics". She is a recipient of the **Golden Apple Award** for Excellence in Instruction.

Lani overcame her own lifetime struggle with weight over 13 years ago when she **lost 50 lbs**, which she has maintained easily with the tools that she now coaches others to be successful with in weight loss, body shaping, and health.

You may have seen Lani....

