



Lani Muelrath's

## Boot Camp Mind™

Top 10 Motivational Tools for  
Health, Weight Loss,  
& Fitness Success

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## Lesson # 1:

### Cultivate your vision. Act as if.

In this lesson we're going to look into the key launch point for your success when it comes to getting healthy, losing weight and reshaping your body.

If you don't have a vision of what you want to be, what you want to create with your health, fitness, and body ideal, then this lesson is essential for you.

In essence, you need to give your *Boot Camp Mind* a specific project. How can we expect to stay motivated when we're unclear about what we want? When you take an honest look and clean up some of the chaos around indecision about where you want to go, the ability to focus is easier.

If you already have an idea of what you want to achieve, then this lesson will still be valuable to you because I'm going to make sure to cover the importance of creating the vision of what you want to realize with your weight and body shaping goals. This lesson will help you *clarify* your goals.



#### Here's what you'll learn in Lesson 1

- 1) The *real* secret to change
- 2) The importance of attitude and imagination
- 3) The 2 big questions you need to honestly ask yourself before you can have lasting success with your goals



- 4) The 3 key points that must be seriously addressed or you needn't bother wasting your time trying to lose weight, change your health, or improve your shape.
- 5) The 2 critical issues you must address before you can change your weight and shape
- 6) The 3 key strategies to start the process of change
- 7) The 3 qualities of a winner
- 8) Some action steps you can take to implement Lesson 1 right away

**Let's get started.**

**The real secret** to change – the solid kind that you may be seeking with weight loss or changing your shape – as we all know, starts with the belief that you will succeed.

**After that** come the pragmatic steps to get you where you want to go.

**First, I'm going to go even bolder and tell you that belief is not enough.**

Personally? One of the most important agents of change for me was having the ability to *allow* myself to experience the *feeling* of being fit and slender *now*.

For Tip #1, the message is about **attitude** and **imagination**.

**First, let me ask you a couple of direct questions.**

**Serious** time and reflection as to their answers will be quite illuminating, so take some time with this.



### Ask Yourself These Two Questions

1. **What would it be** like if you didn't have a "weight problem" or "body problem"?
2. **What would your consciousness** be like without the layer of self-limitation and burden because you are "too fat", "too \_\_\_\_\_" ?

I found that playing with these questions was two-sided, and maybe this will be your experience too: **exhilarating** and **frightening** at the same time. And, ultimately, quite empowering.

Truly, I had to not only see it and believe it – I had to *feel* it – underscore *feel* - to be able to achieve it.

I persisted in trying on this new "attitude". In a short period of time, it revealed three valuable pieces of information for me:

- 1) **It made me realize** how much tension I had built up around **food** and **eating**.



- 2) **It drove home** the futility – and absurdity – of continuing to see *myself* as someone fat and with a weight problem while expecting any real change in my weight.
- 3) **It showed me** how much of my identity was wrapped up in this constant struggle.

But it still didn't make me "thin", right?!

Not right then. But it was the first step. And here's something to which you must really listen.

Highlight, circle, underline, or write 100 times the following:

**You must change your mind before you can change your body.**

If your mindset and heart are stuck in the repeated groove of failures and frustrations from the past, that's where you will stay.

If your focus is on the difficulties and impossibilities of change, then how can you expect to achieve change?

**There are two BIG issues that you need to address before you can change:**

- 1) Identification with past failure must be given up.
- 2) The ability to see yourself able to **succeed** must be embraced.



Sound tricky? I'd rather say challenging – and not at all impossible! Yet YOU must be the one to decide upon change. YOU are the agent of change.

**There are 3 key strategies in starting the process of change.**

These must be seriously addressed, or you needn't bother taking your time trying to lose weight, change your health, or improve your shape.

Find something else to do instead. Here they are.



### **1. Abstain from worry about your present shape**

Worrying about our current condition and anxiety about the distance we have to travel to weight loss or our body shaping ideal only *magnifies doubt* and *clouds your vision*, the “act as if” that you are consciously cultivating.

You end up feeling uncertain and negative, filled with self-doubt. This keeps you second-guessing your goals and your ability to realize them. *Boot Camp Mind* is certainty, clarity, and confidence.







## 2. Look where you are *going* instead of where you've been.

Wasting time and energy worrying about your present shape is – well, wasting time and energy. Instead, focus on how your devotion to your daily objectives – that means the things you do every day - is going to bring you, one step at a time, to the shape you are creating for your future.

Cultivate the vision of you at your personal best.



## 3. Identify with accomplishment and success

Right now, think back to a time when you were successful with something in your life.

Any accomplishment that immediately comes to mind will work. We all have histories of successes, so find one. Got it?

Now, step fully into that feeling of success, of a 'win', no matter in what realm. Own it,. Bask in it.

***THAT is the winner that you can be and are.*** This is a very, very important part of the cultivation of your vision, the acting, the *feeling* as if.

**Take it a step further.** Ask yourself the following questions:

1. **What did you do** to achieve that important accomplishment?
2. **What steps did you take** to make it happen?



3. Did you make a **plan**, work toward it, create an attitude of devotion toward that cause and keep the vision of accomplishing that goal in front of you?
4. What **qualities** did you demonstrate that resulted in your success? Tenacity? Facing fear? Organization?

**The very same things** you did then is what you are going to be able to draw on NOW to move you toward the NEW success with your health, fitness, and weight.

### **There are 3 key qualities of a winner, and they are inherent in the nature of Boot Camp Mind**

- **Winners** – in any venue – do not wallow in their past failures.
- **Winners** – don't focus on how many times they've fallen, they just get up again.
- **Winners** don't keep saying things like "I can't do this" and "I can't do that". It is not part of a success strategy. That is language that reinforces failure.

In other lessons, we'll talk about setting priorities; making goals, plans and objectives, cultivating incentives momentum....and more. For now:

**Cultivate your vision. Act as if....**

...The qualities of a **winner!** **Think of them as the primary movers in your Boot Camp Mind.**





## Lesson #1 Action:

- 1) Take time this week to sit down with pen and paper, or keyboard and computer, to complete the Accomplishment & Success activity from this lesson.

I asked you to reach into your history for a success from your past. Everyone has at least one, and if you look, many more. It needn't be huge, yet it needs to be something you achieved by challenging yourself *by reaching beyond who you were before*. In your notes, write the detailed answers to these questions:

1. **What did you do** to achieve that important accomplishment?
  2. **What steps did you take** to make it happen?
  3. Did you make a **plan**, work toward it, create an attitude of devotion toward that cause and keep the vision of accomplishing that goal in front of you?
  4. What **qualities** did you demonstrate that resulted in your success? Tenacity? Facing fear? Organization?
- 2) Each day this week, make a conscious effort to practice the **3 key points to practice regarding the process of change. Write them on a 3 x 5 card and carry them with you as a reminder.**
    1. **Abstain** from worry about your present shape
    2. **Look** where you are going instead of where you have been
    3. **Identify** with and feel the emotions of accomplishment and success

Next time, Lesson #2: Avoid the Hunger Trap. Until then, this is Lani Muelrath wishing you brilliant Boot Camp Mind.