

**BOOTCAMP**

# The Mindset Behind Getting Into Awesome Shape

...It's Not About Being Perfect



## Getting Rid Of What's Holding You Back

Do you have anything in your house, your mind, in your office, your workplace that reminds you of your "failures", things that are holding you back?

It's time to start taking action and start getting rid of some of the things that are holding you back. By getting rid of - I mean what changes can you make to help you remove or reduce the junk or chaos that you keep running into all the time that blocks you from moving forward.

They don't all have to be thoughts, it can be physical stuff as well.

For example:

- Do you have any old crappy gym equipment that's rusting away that you know you'll never use because it was just a fad, it's broken from the kids playing on it, or its gathering cobwebs possibly being used as a clothes hanger, it was a magic bullet /pill infomercial "thingamajig" that you bought at 2 AM while you were snacking on potato chips and feeling sorry for yourself. You know it's crap, but you keep it just in case, problem is it makes you feel guilty every time you walk past it.
- Do you have anything in your house that brings bad feelings or reminds you or keeps you in that spot where you feel like you can't move on.
- In your wardrobe do you have clothes that are way too big for you, but you keep hold of them because you're worried you going to put on weight again and might need them.
- What excuses or obstacles do you constantly use as a reason why you can't get into great shape?
- Do you have things in your office such as lots of lollies and unhealthy snacks that are right at your fingertips that you munch on all day rather than getting up and leaving the computer making yourself something to eat.

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So start thinking about these and what you could do to change them.

For example:

If that old gym equipment isn't being used, turf it (throw it out).

If you have old clothes that are way too big and you know that they're holding you back, get rid of them. If they are in really good condition, donate them to the Salvation Army or a charity.

The excuses that you make such as I don't have time to exercise. If you have 30 minutes to watch TV then you've got 30 minutes (or even less) to exercise.

I'm not trying to be condescending; I just really want you to understand that taking a small slot of time like 30 minutes here n there can truly make the world of difference.

And here's the thing, if you've got a trainer they can work with you on designing a workout for you that's effective that's not going to take up hours and hours of your day. You schedule it in, and make your program work for you.

I've created 20 minute workouts for clients when they have been really really short on time. Because it was about making what they wanted to achieve, part of their lifestyle.

And as for the unhealthy snacks... You and I both know that they're screwing around with your energy levels. You keep topping yourself up with more confectionery or snacks because they don't fill you up.

You get headaches from them, energy levels are up and down, you feel moody, you lose concentration. And nutrition wise, you're basically getting nothing out of consuming those junkie snacks.

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And I'm not saying you have to quit them forever, I'm just saying don't have them right next to you while you are working all the time. You are only eating them because you put them there in the first place. There's no magic junk food fairy who flies in and scatters them around your office. You put them there.

So what you want to do is start making a "what you can do plan" - rather than focusing on what you can't do. If you really start thinking about it you can make small changes here and there and sometimes all it takes is a few small changes to start making improvements.

By "getting rid" of the stuff that holds you back, so to speak, you can allow yourself to start moving forward.

**Open up your [get-rid-of-whats-holding-you-back-mindset-sheet.pdf](#) mindset sheet...**

**Now make a quick list of things that you think are holding you back and things you can do to help get rid of them! List as many as you can. And you can keep adding to this whenever you like.**

**And don't forget to share them in the private facebook group!**