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# The Mindset Behind Getting Into Awesome Shape

...It's Not About Being Perfect



## Your 12 Months From Now Fat Loss Visualisation Technique

You'll often hear experts telling you to visualise where you'll be 12 months from now. And pretty much most of the resources and books that I've read on motivation, and even people that I've learnt from myself, run through this exercise.

You know how it goes, you picture yourself 12 months from now, in that position, where you are in great shape, you're feeling super confident, you're feeling content and super chuffed with yourself for the hard work that you put in, you're looking lean and sexy, you're rocking your favourite clothes, and you're looking back at where you were all those months ago wondering why you thought this was impossible.

Now I love this visualisation technique, BUT the key here is to actually believe it. Because you can do this as many times as you like, but if you have it dead set in your mind that:

this is impossible

that you can't do it

it will never happen

I will never be in shape

it's so unfair

I have bad genetics

it's all just wishful thinking...

If you're thinking like this when you're trying to visualise then you're doing yourself a disservice.

So I want you put yourself in that position now and really imagine yourself being in great shape. And then focus on things like the following to really make it effective for you...

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So when you start thinking about the things you want, really think about how excited you will feel. Will you be overwhelmed with emotion to see how far you've come?

Will you feel exhilarated?

Will you get up each day saying your positive affirmations and believing in yourself?

What will others be saying about you, it'll be so gratifying hearing your supportive friends, family and peers telling you how fantastic you look? How will that make you feel?

Will you be looking in the mirror amazed at the changes you've been able to make, and saying "wow I look pretty dam good" – "sure it was, a little bit of a struggle in the beginning, why did I really think this was going to be so hard", "I finally done it!"

"I'm so excited to go to that school reunion"

"look at these cool clothes that I can wear now, I don't have to worry about covering up my thighs, my arms, and I'm not having to keep pulling down and rearranging my clothes all the time to cover my tummy".

This is all the type of things you want to be thinking about when you're doing your 12 months from now visualisation technique. Genuinely picture that you're there. Sit by yourself, nice and quietly, with no distractions around you (as much as you possibly can), close your eyes and really calm yourself down when you're doing this technique. And allow yourself to go there.

I've seen so many people try to use this technique, but they don't allow themselves to go there. They may picture how great that would be, but that's where it stops, it's just a thought, and then they say "well it's all right for her to say that but it'll never happen to me". And that's as far as it goes.

You need to be really open to wanting this, and allowing yourself to believe that this can happen.

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**Open Your 12-months-visualisation-sheet .pdf Visualization sheet**

**After you've done your 12 months from now visualisation technique, write it down. Even if it's a full page, write all the feelings that you feel, the excitement, the love that you feel for yourself, the hope, the gratefulness that you feel for allowing yourself to have come that far. Write down what people are saying, what you were saying to yourself. All of it.**

And keep looking at this, do it once-a-day if possible, do it at least a few times a week, because you want to pull yourself back to believing in yourself when you start going down that track of thinking things are spiralling out of control, and your belief in yourself starts to go out the window.

Because if you truly believe in yourself that you can do this. You have to open to letting it happen.