

The Mindset Behind Getting Into Awesome Shape

BOOTCAMP

...It's Not About Being Perfect

Week 6: Lesson 3





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.

Now I love this visualisation technique, BUT the key is here is to actually believe it.

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

Negative Beliefs...

...then you're doing yourself a disservice.



When you start thinking about the things you want, you need to be specific.

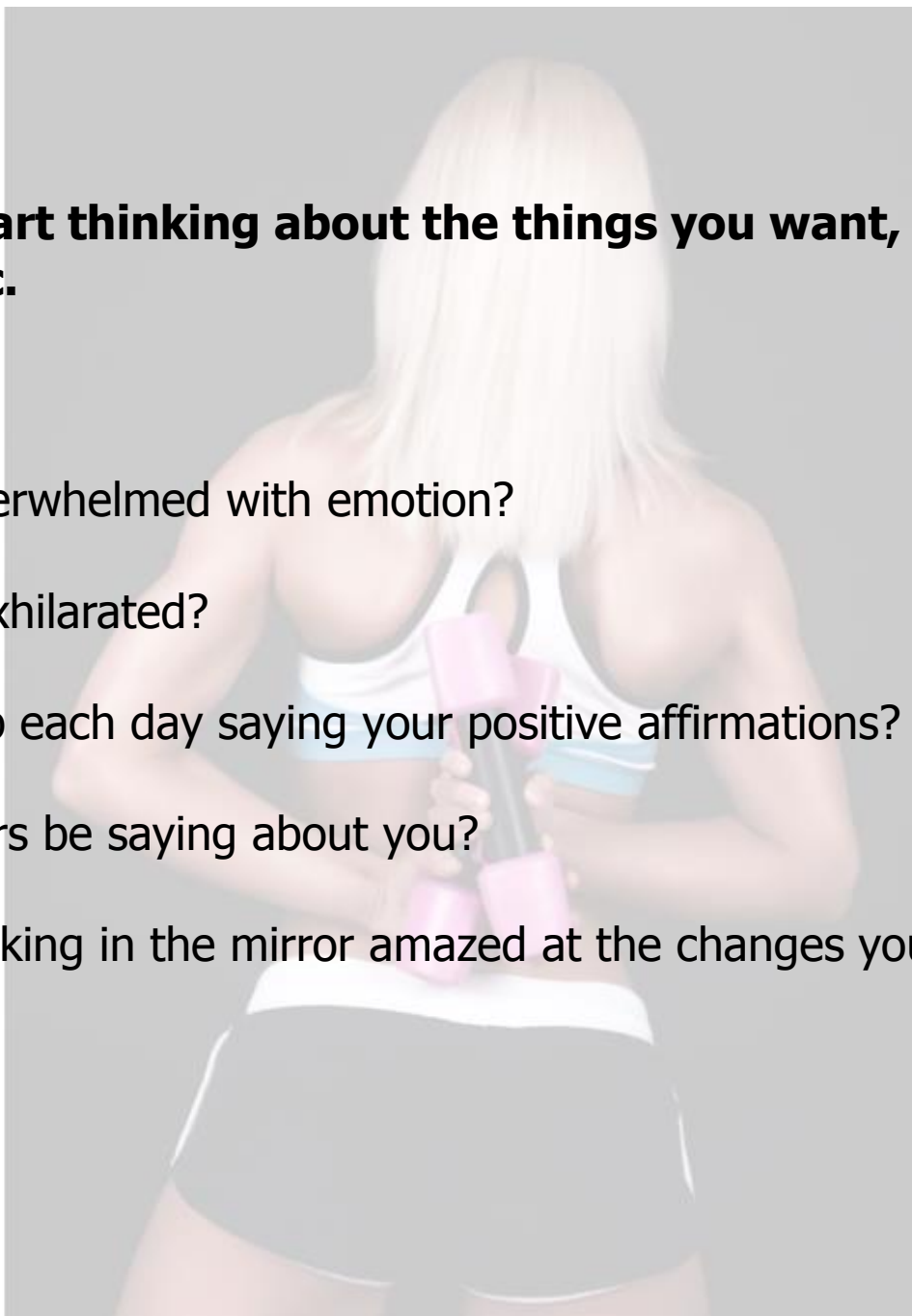
Will you be overwhelmed with emotion?

Will you feel exhilarated?

Will you get up each day saying your positive affirmations?

What will others be saying about you?

Will you be looking in the mirror amazed at the changes you've been able to make?



Genuinely picture that you're there.

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



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ACTION STEP

Open Your 12-months-visualisation-sheet.pdf

After you've done your 12 months from now visualisation technique, write it down.

Then share it in the Bootcamp Private Facebook Group...

