



Mindset Guide

Nina Lancaster





Nina Lancaster has a Sports Science degree and has been teaching Fitness for over thirty years. Following her hugely successful Body Transformation courses at the award winning Rudding Park Hotel and Spa, she has now taken her courses online and has produced a series of e-books to give both men and women the tools, knowledge and motivation to look and feel their best and achieve their goals.

Medical Disclaimer

There is a substantive body of evidence surrounding the benefits of mindset exercises. However, they are not suitable for everyone. Accordingly, if you suffer from epilepsy, a mental health condition, or have otherwise been advised not to undertake this type of activity, you should obtain your medical practitioner's approval before making a start.

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Welcome...



To Nina Lancaster's Mindset Guide.

Most people are realising that getting healthy, improving fitness and losing body fat is so much more than food and exercise.

The missing piece is **MINDSET**.

This book will help you focus on goal setting, mindset habits; consistency and affirmations.

It will help you to understand your motivations and why you self sabotage, as well as looking at food behaviours, self esteem, self worth and how to be happy.

Setting goals will give you a long-term vision and motivation. If you want to succeed, you need to set goals. Without goals you will lack focus and direction. Goal setting not only allows you to take control of your life's direction; it also provides you a benchmark for determining whether you are actually succeeding.

Your **mindset** is the single most powerful asset you have working for you (or against you) at any given moment. Regardless of what you want to do with your life, your mindset is the key to unlock all the opportunities you will need to radically change your life for the better.

Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes.

You might consider affirmations to be unrealistic "wishful thinking" but try looking at positive affirmations as a way to reprogramme your thinking patterns so that, over time, you begin to think and act differently.

Use this booklet to set yourself goals and record your positive affirmations....

- I trust the programme and have confidence in myself.
- I eat well and exercise regularly to enjoy good health.
- I learn from my mistakes.
- I know I can accomplish anything I set my mind to.
- I forgive myself for not being perfect because I know I am human.

Mindset & Motivation



My goal for you is the same goal that I had for myself when I set out on my journey... To create a sustainable lifestyle that enables you to look and feel good.

Many people make a decision to change based on things that they are having some dissatisfaction with. For example, many people are fed up with the excess body fat they have accumulated, they've had enough of feeling sluggish and tired, they are unhappy with feeling self-conscious, they feel stuck in a rut.

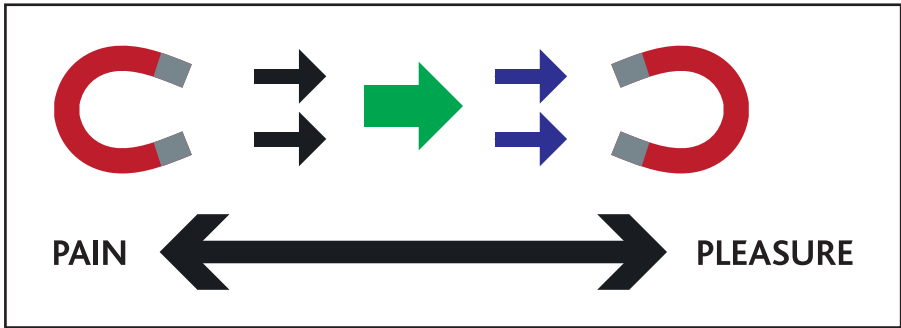
We might call this **"away from motivation"**, because these are all things that people generally want to move away from in life.

"Away from motivation" is very powerful because it is usually the thing that gets us to take action and to get us started.

Another way in which we are motivated is by being drawn towards the things we do want in our lives. In this case, a leaner, stronger, healthier body, more energy and vitality. Not only those things but what those things will allow us to do in life, how they will improve our lives.

For example, people have been able to start up their own businesses, gain promotions at work, feel confident in swimwear on holiday, attract a partner and even enter sporting competitions as a result of the increased confidence, self-esteem and new found energy they gained through the process of transforming their bodies.

We might call this **"towards motivation"**, because we are driven forwards towards the things that we desire in life.



So if the “away from motivation” is what gets us started, it’s the “towards motivation” that keeps us going.

It’s really important that we get clear about what we want in our lives, the easiest way to do this is to complete the AWAY & TOWARDS exercise.

This will take less than 5 minutes and will really give you clarity on the outcomes that you are looking to achieve from this programme.

Away from Towards Exercise

Away

Towards

My Future Self Mental Exercise

This exercise, repeated often is one of the most powerful ways in which you can use the power of your imagination to help you make your desires become a reality.

90% of our behaviours are driven by the subconscious mind and this exercise is designed to make an impression on the subconscious so that our behaviours become more automatic and in alignment with our goal of transforming our bodies.

Start by finding a comfortable place where you will not be disturbed for 10-15 minutes. Some people like to lie down and others like to sit in a comfortable chair. The more you complete this exercise, the more easily you will be able to complete this exercise almost anywhere. I used to complete this exercise in my car during my lunch break.

Because this exercise uses breathing and relaxation techniques, it has additional health benefits. We will be covering stress in a later module but for now, we can say that stress can be detrimental to health and body composition. This exercise will help you to relax, which is an important aspect of managing stress levels.

Read the following through first and then do the exercises on the next page.

Start by closing your eyes. Then begin to focus your attention on your breathing. It does not matter whether you breathe through your nose or your mouth, just find whatever is comfortable for you.

Notice if you are breathing from your chest or your diaphragm, if you are breathing from your chest, start to breathe more diaphragmatically, feeling the belly expand and contract as you breathe. You may find that by doing this you have automatically released tension from your shoulders and that they have dropped, now is a good time to consciously let go of tension in your shoulders and neck and allow your shoulders to drop, notice how good it feels to let go of any tension.

Now bring back your attention to your breathing, to the in breath and the out breath, to the rise and fall that happens all by itself. Just stay with your focus entirely on your breath for a moment while the sounds play in the background.

Now take some deeper breaths, breathe in slowly and deeply from the belly and as your lungs expand, you feel your chest expand, breathe in for a count of 5 and breathe out for a count of 7, as you breathe out feel your shoulders relax down each time. Complete this deep breathing cycle 6 times while the sounds play in the background.

Now you are nicely relaxed, it's time to think about or visualise what you are working towards.

Those things that we wrote down in the Towards column in the motivation exercise, what were they?

It might have been to attain your ideal physique, to feel energised, to look better, to have more confidence, to attract a partner, to be more attractive to your partner, to love and be kinder to yourself more often, to be healthier.

Whatever those things are for you.

You can imagine yourself having those qualities in whatever way comes naturally to you.

Some people develop a clear image of what all this looks like, some people gain a feeling of what this will be like. Everyone's imagination is unique and so there is no right or wrong way to do this.

The main thing is that we are in a relaxed state and think about and can identify with our goals, and what we want to achieve. The more you repeat this exercise, the better you will become at doing this.

The more you focus on exactly what you want, getting a picture or a feeling of this, the more confidence you can have and the more you can trust yourself to make the right choices, and the more you find yourself increasingly able to cope more confidently with any situation in everyday life.

In fact, the more you think about what you want, the more excited you become and the more you enjoy doing the things that will propel you towards what you want.

Okay, so now we are going to bring our focus back to our breathing.

Just taking some deep breaths in and out.

We can start to bring our attention back to the here and now.

Bringing to our awareness our surroundings.

And opening our eyes.

Becoming fully alert, feeling fully refreshed in both body and mind, energised and motivated - fully capable of proceeding here with all due care and attention.

Goal Setting



Exercise:

What do you want? (try to be as specific as possible)

Why do you want it?

e.g. To look good in the clothes I want to wear, to have more energy to play with my kids, to feel more confident / have greater self esteem in my personal and professional life, to attract a new partner / to be attractive to my partner

Contract

I _____ make a commitment now, to positively change my health, the shape of my body, my attitude towards food and my education of what it takes to make this transformation a lifestyle that I will be able to maintain for the rest of my life.

Signed _____ Date _____



SETTING GOALS

Goal setting is shown by research to be one of the easiest ways to increase motivation and enhance performance (Locke and Latham, Univ. of Maryland).

The more specific the goal the better. For example, you might want to make your goal time based and set a date for reaching that goal.

My goal is to...

e.g. Fit into my wedding dress, be a dress size smaller, get a work promotion, develop a better shape, feel more confident, have more energy.

Mindset habits



Use evenings as a chance to reflect and recharge, ready for tomorrow.

Celebrate your wins every day, no matter how big or small.

It's important to record our positive moments to help us improve our relationship with ourselves and others.

This habit can also encourage us to feel grateful for the events of our day.

What went well today?

When we focus on positive thoughts, there is less room for negative thoughts.

This can actually help improve our sleep quality as we are less likely to wake up during the night with worries and niggles.

Are there any things that didn't go so well today?

Reflect on these things - you can always aim to improve on this next time.

Don't beat yourself up :-)



If you encounter the same problem tomorrow is there anything you can do to bring about a better outcome?

This exercise will help you consider problems and actionable solutions.

Exercising gratitude...

What 3 things can you be grateful for today?

Breaking things down



When we have a big goal ahead of us it can often look like a huge mountain to climb.

This can result in feelings of overwhelm, fear and frustration. Before we know it, we've ditched the goal completely.

The easiest way to avoid this happening is to break down the goal into a series of smaller milestones.

e.g. Sarah's goal is to lose 2 stone for her wedding in 3 months time. She breaks down her goal into 3 pieces... Each month she aims to lose around 9 - 10 lbs.

However, this milestone still looks a little bit scary to Sarah. Although she wants a challenge to stretch herself, she needs to balance this with being realistic.

She decides to break the milestone further into even smaller chunks (or 'mini milestones'). Every fortnight she aims to lose 5 lbs. This looks much more manageable to Sarah than the larger milestone she created.

Start now and set your goal and milestones.

If you feel you can achieve the goal with less (larger/less frequent) milestones then go for it!

If you prefer more (smaller/more frequent) milestones then that's fine. We are all individuals and respond in our own way.

It's useful to have a big goal to aim for to get you motivated and excited but then you also need the little goals to keep you focused on daily / weekly actions



**My
Goal**

Milestone

Mini milestone

Milestone

Mini milestone

Milestone

Mini milestone

Milestone

Mini milestone

Consistency



Consistent daily action will help you reach your goals.

It doesn't matter how small the action is... over time, the actions will add up!

e.g. Sarah does 10 press ups when she gets out of bed in the morning.

Lea spends 10 minutes in her lunch break learning Spanish.

Jane swaps 30 minutes of her daily Facebook time for a book.

John spends an extra 2 minutes on the Stairmaster each week.

My daily actions

List as many as you are comfortable with. You can always add more later.

Affirmations



By definition, your affirmations will be personal to you, and specific to what you want to achieve or change. List your affirmations below and continually repeat them.

Affirmations:

1. _____

2. _____

3. _____

4. _____

5. _____



This mindset book is one of a number of e-books published by Nina Lancaster – Director of Busy Living Fitness and Busy Women Fitness. Nina is an expert in Fat and Weight Loss Body Transformations for Women.

Other E-books available:

28 Day Body Transformation Recipes

Forever Living Cleanse 9 Recipes

Mindset Guide

Nutrition Essentials

Your Guide to Hormones

7 Day Vegan Plan

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