



# MINDSET



# Mindset

## Introduction to Mindset

Changing your mindset after months and years of thinking a certain way and believing certain things is no easy task but if you want truly long term, sustainable weight loss, no more diets, no more yo yo, no more emotional eating, no more confusion THEN you must begin to work on your mindset.

These are my initial recommendations for you to spend some time on, read, listen, try it out, make notes and try again! Your mindset is a like a muscle that we want to make stronger, we must practise, practise, practise, otherwise, the benefits that you get will trickle away over time!

Use the links to access the live coaching videos on these important topics (you need to have a facebook account, and be a current member of Rossell Fitness Membership to be able to get access)

You do not have to do all of these things. This pack is meant to introduce you to all of the things that I've discovered and tried so far (there will be other things out there that also work for you!)

Try out the different ideas and choose the ones that you connect with personally. Always remember that we are trying to create the lifestyle that works for you, not just following what everyone else is doing because its trendy at the moment.

Experiment, make notes, and build something that works for you!

# Mindset Boosting



MY GOALS:

WEEK'S

*We must be the change we wish to see in the world.*

TODAY'S TARGETS:

- 1:
- 2:
- 3:

WINS:

LESSONS LEARNED:

Tonight I am grateful for

- 1
- 2
- 3

# Mindset Boosting

## Gratitude log

Keeping a diary or a journal where you list all of the things that you are grateful for is a really powerful way of reminding yourself how good life can be and how truly lucky we are (no matter how unlucky and ungrateful we often feel when bad things happen in our lives).

Its simply a matter of perspective and forcing your mind to seek out the positive things, the wins, the things that truly matter is hard to do, but incredibly important!

Doing this in the evening, to summarise the day is a great habit to engage with and then to really cement your mindset you can read them back in the morning to start the day off in a grateful frame of mind!

This is a habit that doesn't always feel natural. It can be hard to find and experience gratitude when things seem like they are falling apart.

However, if you still feel like this, then there is still work to be done. Try to consider it as an ongoing collection of the good, great and wonderful things that your mind can identify in your life!

# Mindset Boosting

## I am grateful for

EARLY WAKE UPS = children to love

HOUSE TO CLEAN = safe place to live

LAUNDRY = clothes to wear

DIRTY DISHES = food to eat

CRUMBS UNDER THE TABLE = family meals

SHOPPING TO DO = money to use

TOILETS TO CLEAN = indoor plumbing

LOTS OF NOISE = kids having fun

ENDLESS QUESTIONS = kids learning

GETTING INTO BED FEELING TIRED = I'm alive

# Happiness Jar



# Mindset Boosting

## Having a happiness jar

Buy a glass jar, cut up some plain paper into strips and commit to adding ONE thing each day or each week that made you happy, at the end of a year you will have at least 52 happy memories to look back on!

Encouraging the kids to do this too can be great for family morale, and will also give you an insight into what they are thinking and how they are perceiving the world.

Don't forget they are ALWAYS copying and learning from you!

# Listening to music





# Mindset Boosting

## Listening to music

Listening to music is another fantastic way to bring some chill out time into your day or boost your mood from gloomy to gleeful

Perhaps you could listen to music whilst treating yourself to a nice Epsom salt bath, or cooking in the kitchen, or driving in the car!

Epsom salts have excellent relaxing and restoring properties and will help you keep muscle soreness from training at bay.

# Meditation

Breathe

# Meditation

## Headspace

Meditation is still something that we are exploring and learning about.

What we do know is that there are amazing benefits from bringing your focus to your body and your breathing and using your breath to control and manage symptoms linked to feeling anxious, overwhelmed, stressed and depressed.

Headspace is a great free meditation app (with optional paid upgrades)

You can get a free 10 day trial of this app on your phone, it's great for a bit of mindful guided meditation

[www.headspace.com/](http://www.headspace.com/)

# Mindfulness



# Mindfulness

## Learning a musical instrument

This is a fantastic way to have some mindful 'me time', I have been learning the guitar and it brings me such joy, even when I play it terribly! I am focussed on the music and the improvement and it really works for me as a means of meditation!

# Keeping score



# Keeping Score

## Keeping score of your daily wins

Tracking my daily wins has been a fantastic habit and I think it will be incredibly powerful for you too! The small steps, the small wins that you achieve day to day, add up to the big results that you want.

Without paying attention to the little things that you are doing, if you fail to see that you are doing awesome work every day, you can risk losing motivation and so often I see people throw in the towel.

The simple act of writing down 5 things each day that you have done that are working towards your ultimate goal, will help you to stay on track!

Your wins do not have to be monumental (although some days they might be mountainous), nor do they have to be significant to anyone other than you.

Some days, my wins amount to getting out of bed and getting through the day. It's all relative to what is going on with you that day/week/month.

Seek out your wins, and remind yourself that you are one step closer to your goals every day!

# Accountability Community





# Accountability Community

## Accountability community

Participating in our members' area online and using our supportive community to reach out, ask for help, ask questions and share your story could be a great part of your journey!

We are in this together and you everyone in the group is striving for the same thing. We all came from adversity, struggles and got here with the goal of making things better.

We're in the same boat, and everyone will understand when you're having a bad day and need a pick me up, and those same people will be there to help you celebrate when you have a win!

Use the community as much as you want to, to get the results that you want to see, to new friends and participate in my fitness family.

# Unconditional Love

## Unconditional love

Learning to love yourself WITHOUT CONDITIONS is a super important part of breaking through your old mindset and entering into a new phase where you feel confident no matter what!

By now you've probably made some positive body changes, whether you have lost inches or kilos, whether you have gained progress in the gym - none of this matters truly IF you don't work on your mindset because it can all crumble away if you haven't spent time bulletproofing your mindset against anxiety, stress, unexpected events and anything else that threatens to send you back off track!

If you leave my services a few kilos lighter that's great (well done for working so hard!) BUT if we don't get to work on your mindset then the changes won't be long-term and you could fall right back into another diet cycle and I don't want that to happen because I know that we can break you free of this pattern.

Use all of these ideas to develop your own system of mindset protection. Protecting your energy and confidence through mindset work means that over time you will not feel enslaved to body image, calories, points, syns or any other means of control. You will feel like you can make the best choices for your health, fitness, energy, confidence and weight loss.

That's the goal for me...to help you get to that point where you feel free, and certain that you can do this, even without my help.

# Self Perception



# Unconditional Love

## How do you think of yourself?

When you look in the mirror, what do you say to yourself? I'm willing to bet that you are probably saying things like:

'I am disgusting'

'I hate my arms, my legs, my tummy'

'I am useless and I'll never change'

'I am fat, worthless and horrible'

The problem with this sort of self talk is that it is incredibly negative, and incredibly powerful.

We learn by repetition, so if you are repeating these thoughts on a daily basis, you will believe them. Thoughts become beliefs over time when you strengthen them with repetition.

By this token we can also undo your negative thinking, with repetitive positive thinking. I know it sounds a bit ridiculous, but you have genuinely created a belief that you hate your body by simply repeating it to yourself every time you look at it.

# Self Perception



# Unconditional Love

## Learning to love you

All I want you to do to start with is to look in the mirror and find something that you love about yourself and I want you to practise saying this every day.

Take the time to compliment yourself, let me give you some examples:

'I love my arms because they can lift up and cuddle my children'

'I love my legs because without them I wouldn't be able to walk in the countryside'

Without your body you wouldn't be anything, so it's time to be a bit more appreciative for what you have. If you do not learn to love your body for what it is now, you won't feel any differently after the 12 weeks. When you look in the mirror you will still see the same over weight, useless, disgusting body that you created in your mind.

By altering how you think about your body you can look in the mirror and see the truth, you will be able to see the beautiful lady that is working on her health, happiness and confidence a little more each day, doing her best!

# Unconditional Love

## How long until I love me?

Well how long is a piece of string? It takes time, if you have spent years conditioning your mind to hate your body then you cannot expect to undo this conditioning over night, but with daily practise like with all of your small habit changes you and re-train your brain to think and feel differently about your body.

Learning to love who you are does not mean that you cannot still continue working to change. We can love who we are and still want to make the best possible choices for our body to aim for

1. Health
2. Happiness
3. Confidence
4. And to be the best version of yourself!

# Home work





# Mindset

## Home work

WHY IS CHANGE SO HARD?

[www.facebook.com/groups/rossellfitness/permalink/601667190040814](https://www.facebook.com/groups/rossellfitness/permalink/601667190040814)

FALLING OFF THE WAGON

[www.facebook.com/groups/rossellfitness/permalink/604974303043436](https://www.facebook.com/groups/rossellfitness/permalink/604974303043436)

YOUR OUTER CRITICS AND INNER CRITIC

[www.facebook.com/groups/rossellfitness/permalink/608022099405323](https://www.facebook.com/groups/rossellfitness/permalink/608022099405323)

LEARNED HELPLESSNESS

[www.facebook.com/groups/rossellfitness/permalink/611700879037445](https://www.facebook.com/groups/rossellfitness/permalink/611700879037445)

LIVING IN THE PAST

[www.facebook.com/groups/rossellfitness/permalink/616453891895477](https://www.facebook.com/groups/rossellfitness/permalink/616453891895477)

LIVING IN THE FUTURE

[www.facebook.com/groups/rossellfitness/permalink/618926691648197](https://www.facebook.com/groups/rossellfitness/permalink/618926691648197)

MOTIVATION, ACCOUNTABILITY, INDEPENDENCE

[www.facebook.com/groups/rossellfitness/permalink/628277084046491](https://www.facebook.com/groups/rossellfitness/permalink/628277084046491)

Don't hesitate to get in touch with me  
if you have any questions about mindset!

# Reading



# Homework

## Investing in some books

### Book recommendations

1. Loving what is - Byron Katie
2. The power of now - Eckhart Tolle
3. Enough Already - Heather Jayne Wynn
4. The dark side of the light chasers - Debbie Ford
5. The subtle art of not giving a f\*ck - Mark Manson

Some of these will also be available on audiobook if this is more preferable!

# Mindset Worksheet

## Mindset Logging

It can take a while to get into new habits, so I want you to commit to this practise for the next 12 days, and see if you feel a shift in your mindset...

### Day .... Wins

List 3 things that you have done today that will add up on your journey towards health, happiness and confidence

1. I....
2. I....
3. I....

### Day ..... Gratitude

Write down 3 things that you are grateful for

1. I am grateful for....
2. I am grateful for....
3. I am grateful for....

If you feel confident, you can post your wins in the Facebook forum and inspire others to do the same, we can all win together!

Print this page out a few times and complete the exercise each evening!