

# Russell Fitness Habit Change Action Pack Week 3

## Task 1

Embed positive commands

Your brain does not process negative commands so when you say negative words as part of a command statement, it does not compute on a conscious level.

Verbally focusing on the things that you DO NOT want, only serves to reinforce that thing in your brain. For example: 'Don't stop' or 'Never quit'

In those phrases, the 'don't' and the 'never' is redundant (as far as the brain is concerned) so we need to ensure that we are only using positive phrases to take action.

If you are using memes and phrases such as the above, all your brain is actually processing is STOP and QUIT. Can you see the relevance of your internal language now?

This is all done whilst living in the **PROBLEM STATE** where we focus on the negative things and we come at this from a place of fear, anger, frustration and confusion.

Try aiming for existence in the **SOLUTION STATE** and use phrases like

1. I will keep going
2. I can do this
3. I am capable of change
4. I will take responsibility for my health and weight loss

This is not an easy thing to do, our language is flooded with embedded negative commands and we simply don't seem to notice.

## Task 2

Build your confidence

Becoming a member of RF online could help you through the tough times of changing and breaking free of your old habits.

You can get support, more accountability, online workouts, video coaching, recipes and all of your questions answered so that you can keep the consistency and motivation that you need to strive toward your results.

You can become a member by following this link:

<https://www.russellfitness.co.uk/product/online-membership/>

**SPECIAL INTRODUCTORY OFFER: If you sign up today, you will be able to become a member for just £1 for your first month. Each month thereafter will be £9.99.**