

A woman with her hair in a bun, wearing a red sports bra and white leggings, is captured in a yoga pose. She is leaning back with her arms extended horizontally, looking upwards. The background is a clear blue sky with some blurred greenery.

DISCOVER  
YOUR  
ULTIMATE  
BODY  
SECRET  
- PART 2



BY JENNIFER ATKINS

The most important aspect of creating your ultimate body and life is to learn how to nurture the most important relationship you can have – with yourself!

Saving YOU is your mission. "It is never too late to be what might have been." - George Eliot. Allow this sentence to embed deep into your mind and choose to believe in your own amazing and unlimited potential.

So let's take a look at you. Who are you turning into and most importantly who do you want to be? Be totally honest in your self-appraisal. It is important to realise there is nothing wrong with you. You may just need to refine things and take yourself to

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notice of is ourselves, so if you are letting the negative self talk override the positive, you will be feeling doubtful about life and reaching your goals. Do not underestimate how damaging and destructive it is to only see what's missing, what you lack, and what you haven't achieved – this only leads to chronically low self-esteem. On the contrary, if you have self-appreciation, self-respect and a healthy desire to make the most of yourself you will wake up your spirit to optimism, vibrancy, determination and enthusiasm. The way you talk to and about yourself is just a habit. If this habit is not supporting your sense of worth and integrity, it can be transformed and replaced by something more supportive.

We are all on a journey – that is life – it is important to enjoy it. Don't get caught up in the past. Put it into perspective

You give your thoughts power by paying attention to them, so they only have as much power as you are prepared to give them. Choose which thoughts you will focus on and ignore the others.

If you want to make a change in your life and achieve that ultimate body you have always dreamed of – do it! Don't try to do it. This gives you an excuse if things don't work out. Trying may show you have intention but it does not come from genuine belief and confidence in yourself. Choose to support and believe in yourself instead of being self-defeating.

Next time you hear yourself say "I'll try" swap it for "I will."

Go for it! Your ultimate body is waiting for you! ☺

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the next level. It is easy for us to think we are miles away from reaching our goals, when quite often it is the most minuscule change in our thinking that creates the difference between success and failure. Remember though, there is no failure if you keep at it... failure is not being knocked down, it is staying down.

So what is your relationship with yourself like? Do you love yourself and give yourself the support and respect you

and realise it has made you who you are today. Enjoying your life as it is right now is one of life's gifts and challenges. Begin each day by rejoicing in your marvellous strengths of mind and body, build yourself up and tell yourself that you'll be able to handle whatever the day brings. Take responsibility for your actions and free yourself from making excuses for not being the best you can be. If you slip, be comforted by the thought that we all do

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need to make your dreams happen, or are you constantly beating yourself up for making 'silly' decisions, eating the 'wrong' thing or not exercising? The only person we truly pay attention to and take

this at times and move on.

By taking action and focusing on your behaviour rather than your thoughts you can shift your feelings easily and effortlessly. You are more powerful than your thoughts.

Jennifer Atkins is a qualified Life Coach, NLP Master Practitioner, Personal Trainer and the founder of Genesis Mind & Body. Jen has a Diploma of Health Science, certificate of weight loss nutrition and has 20 years experience in health-related fields. Coming from a successful career in the health industry, Jen has found her true passion in her business Genesis Mind & Body, where she hopes to have a positive impact on women's lives worldwide by helping them be healthy, happy, fulfilled and achieve the life they desire and deserve. Jen believes an outstanding life begins with optimum health and the correct mindset and so she has created Genesis Mind & Body for women to excel.