

# WHAT ARE **YOU** THINKING?!



BY JENNIFER ATKINS

## HAVE YOU CONSIDERED THAT THERE'S ONLY ONE THING YOU REALLY NEED TO DO TO MAKE EVERYTHING ELSE FALL INTO PLACE? IT SOUNDS TOO SIMPLE, BUT IT'S TRUE. THE ONE THING YOU NEED TO CHANGE IS YOUR THINKING.

**W**hen you stop working on what it is you're trying to get and start working on you, you will eventually get what you want.

In my coaching practice I see so many people who work very hard and diligently and sacrifice greatly in an effort to achieve their goals. Problem is, they haven't changed who they are. Until they begin to think and act like the person they aspire to be, they'll never attract the life they seek. Successful people don't think and act the way they do because they have achieved amazing success. They have amazing success because they think and act the way they do.

There are many people are on a diet today that don't stand a chance of losing (and keeping off) any weight because they're still the same person who gained all that weight to start with. Slim people

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don't think and act the way they do because they're slim. They're slim because they think and act like a slim person.

To get what you want, you need to change who you are. To change who you are, you simply need to change the way you think and act.

Every act needs attention for its successful performance. What are you thinking about as your feet hit the pavement for the thousandth time during a morning run? Are you telling yourself that you are strong and can run faster and farther? Or are you focusing on how tired you feel? What's going on inside as you flex your muscles during a workout? Are you visualising the muscles getting lean

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while you are contracting them or are you distracted by thoughts of other things and not getting the full contraction from your rep? When you integrate the power of your mind and thoughts into your workouts, or anything else for that matter, what you can achieve is boundless.

If you want to be the best, you need to think and act like you are already the best. You can't get to the top if you think you can't make it. One characteristic of those who reach their peak is that they always believe that things can get better or be done better. This pushes them on to be their best.

You must have a clear vision of what things will look like when you reach your



goal and focus on this vision at least two to three times a day. This is crucial.

### THREE KEYS TO FOCUS ON ARE:

- **The status quo is not for you.** You want to be the best and experience the best - and that means giving your best. You go the extra mile so that in everything you do, in everything you say and think, you are striving for excellence.
- **You prioritise your activities.** The important stuff goes on the top of the list and then you do it! You have developed good habits and discipline that get you to the top. You do the things that really count and do them first. No excuses, just results.
- **You dare to dream.** While others live the mundane and settle into a life they never bargained for, you dream of a better life. You focus on what you want and commit to it by taking the necessary discipline and action to achieve your dreams.

Remember, you become what you think, so what are you thinking? ☉

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