Weather Update and Book Club Announcement

Hi, everybody. So, it got a little chillier again today. We don't have quite the warm weather that we had yesterday, but it is still a very nice sunny day and I'd say probably about 85% of the snow has melted.

That's all a good thing. So tonight we have our book club, Gap in the Game, or I'm sorry, it's not Grap in The Game. It's You Are a Badass, How to Stop Doubting Your Greatness and Start Living an Awesome Life.

So that is tonight. If you want to join, just shoot me a quick message. We're not that far into it, so you still have plenty of time.

Health as an Ongoing Process

So today I want to talk about more about mindsets when it comes to your health and wellness and how to really make sure that you're getting to the place that want be.

So when we think about it, there isn't really an ending to health. It's not like, oh, I arrived. I've achieved this. The world that we live in, it's really something that's that black and white, right?

Because we're constantly, you know, faced with stresses and traumas and contaminations and all kinds of things. So there isn't really that point where we are like, yep, that is good enough, because it's a constant work in progress.

It isn t something we just turn on or off. Does that make sense? So, we've been programmed in life to always look for that end, right? The completion, the certificate, diploma, ceremony, championship.

But what if your health was this unlimited cup of potential that we could just fill and fill. The sky is the limit. There is no end game here. We just wrapped up, before this book club, we wrapped one on the gap in the game.

And that was really good. They talked a lot in that book about starting your day the night before. What if we could start setting our intention for the day, the next before, and to get our head in game and start focusing those efforts a little earlier on.

Evening Reflection and Next-Day Intentions

A lot of times we wake up and we feel as if we're already behind the eight ball. Like the second that we get up, do you ever feel that way? I know I used to feel like that all the time.

You wake and you're 10 steps behind where you wanted to be or you just can't wrap your head around taking any steps that day in some cases. So it's a really It's a very real feeling.

Okay, it happens to lots of us all the time. So when we think about setting it up the night before some questions that are helpful, so I have my journaling set up to get one of my pages up here.

The end of the day, there's a reflection time. So I was successful today when okay. Um, so that's celebrating what you achieve that day based on hopefully the intentions that you set in the morning or the night before if you're, if your getting at that, like you were getting it in them.

And then how will I be successful tomorrow? So, and this was just a template that I made myself that loaded into my journal. What are 3 ways that I'll be successful tomorrow?

Any growth opportunities that, I saw throughout the day. So, in my. The pathway I would perceive it was all the things that went wrong. In that day and okay, well, something didn't go as planned or didn' go the way I expected it.

How could I have done it differently next time? I don't believe. That. We're necessarily victims of things like, I believe that we have choice and everything and if I chose to.

Invest my time in a certain way that day, it doesn't mean that there is an opportunity to improve on that or to fine tune it in. In a way, that leads me closer to where I want to be.

So those are the growth opportunities. It's very different from. all shit I didn't get done today or that I did not accomplish or didn' t do the way I wanted to or they didn t get it done the I want them to, to what are my growth opportunities from today?

What did I find?

Reframing Health Goals as Growth Opportunities

what areas did i find that i could grow in today so and this is great to apply to your health too so instead of well i just ate like crap today, so we're just going to throw in the towel and i'm just gonna eat crap again tomorrow because i already screwed it up.

As opposed, it's very different than looking at it as what, what are my areas of work? Okay. Well, this is where. I stumbled where I didn't meet the goals that I had set for myself.

So, how can I change that? How can they do it differently? how? Can I put myself in a different situation, change the circumstance, any of these things?

okay. Um, so that, I can show up differently tomorrow. so, that's really important and then, um. you know, in my evening routine and then ask the question of your subconscious.

So what problem do I want to solve? So that's from that Thomas Edison book, right? Never Go To Bed Without Asking A Question Of Your Subconscious because we do a lot of our subconscious cleaning up and programming and that kind of thing when we're sleeping.

It's always great to ask something like that the night before because then when you wake up the next morning, that tends to be your most creative time of the day, either or not.

So if you're waking up clear-headed with a clear mind, you know exactly what I'm talking about. So a lot of times those answers will come to you when you wake up in the morning.

This is one of the ways that you can utilize that time. When we talk about what are my successes going to be for the next day, we get to define that, and it doesn't always have to amount Everest.

If you train your brain to always look for Mount Everest or always. Look for something that's harder. I can only celebrate hard things. Your brain's going to look to make everything hard.

Okay. So it's gonna look, for all the Mount everest in life. And that you know, why are things so challenging? Why is life so hard? why things are difficult?

How come every day is XYZ? You know? Maybe that is what you trained your brains to for. But you can retrain that. So that's really important to be aware and to understand.

So, you know, think about it. What if what you want could be easy, but eating healthy could easy. There's a lot of people that do find it easy so what's the difference?

What are the changes that I could make? what are what reprogramming do I have to do to get to that place? Because it's not impossible as people do it, So how can I get myself there?

What are the roadblocks that are standing in my way and how do I overcome them? Okay. So some things that you could, that's a question that could ask.

And another one could be, well, what if healing and health and losing weight and eating better wasn't hard. What if? But what happened? what If it was just a different set of skills?

So what skills would I need to develop? Get myself to that place. When you think about things like eating healthy food, I mean, being green meat isn't hard, right?

It's not literally hard. Let's be honest, it's just different. It might be different from what you're used to. it might different than how you used spend your time.

And it may be from how to eat. But it doesn't have to be hard and it is certainly not impossible because people do it.

Making Healthy Habits Feel Simple

You know, if you really let yourself go there, you could even find that eating healthy is even easier. I mean, it's pretty simple when you break it down.

It doesn't have to be something that's complicated. If you enjoy cooking and you like lots of ingredients and find joy in that, then you can certainly make it more challenging.

But it doesn' t have t be. There, If it is something you truly want, You can make is just as simple as what you're doing now, okay? The reason why you are doing it now is simple because it's what we've always done.

It's because of subconscious. Because it is auto-programmed, right? So what if we could make eating healthy an auto program? What if could we make healthy something that happens so regularly that now it becomes simple, all right.

So, you know, those little mindset shifts really help and they go a long way. when your kids were little, it reminded me of all the energy that they put out into avoiding a particular task, like let's say cleaning their room, right?

And it's like, you think about it and you look at them and your like or doing their homework and they're like all this time and all of the effort that you put into not doing this, we couldn't just had it done a long time ago.

And sometimes these healthy habits or healthy lifestyles or a healthy food or what have you is the same exact way. It's getting around the mental roadblock, it's being able to wrap our head around it.

So figure out what's preventing you from wrapping your head round it, work on those things, heal them, retrain your subconscious, whatever it is. And then you'll find that you start getting a different loophole.

That's kind of like, you know, vision board to have this big image of what you want, right. And I love vision boards. I, you, know I think that it was something that I started and I would do that.

It would just make, the images. But I was missing in the beginning that vital component where I created a plan and what actions, going to play here and What resources do I need to gather to really complete that?

Because without those things, a vision board is just a wish list, right? Is your health just the wishlist or is it something that you're consciously creating?

And it's not consciously, creating in the sense that, you know, one day arrive to this end and be done and you don't have to work on it anymore. You're not going to have green beans anymore, it, doing it in a way that Each day, you're going to find ways to improve and improve improve, improve strengthen grow and strengthen and grow.

Confidence, Small Wins, and Closing Remarks

Okay. So, it's just a different perspective. It's a difficult way of looking at it. And I think that. You know, if you finding areas where your challenge and making some of these adjustments.

Or some these changes. You know, try it try swapping out some of these words that you're using try looking at it in a little bit of a different way and most importantly, let's start being a bit more honest with ourselves because sometimes that's the case we make it sound hard so that one we have a really good reason not to do it.

Right. Or two, because you train our brain to only look for hard things, or we can only celebrate hard, things are only valuable to accomplish something hard.

Start celebrating the small stuff, these successes that we're looking at the night before that were journaling out or reflecting on, they don't have to be hard thing.

It could be something just, I'm going to show up to work with a smile on my face. I could start with the simple things or maybe Maybe do one simple thing and to, you know, one, simple one medium and one hard, we know you could you, know what you're capable of.

So, maybe that would be a good approach. Oh, let's just just stay the talk. Let's get started. So if you're not playing the night before, at least start setting your intention for the day of.

And then this way at night, you can reflect and say, okay, these are my successes and make sure you put in the work or after them, too. Like, let's say for example, my success was for this morning were to exercise.

Or I'll be successful when I eat a good, healthy lunch that fuels my body and move my heart and feeds all of my organs. Okay. or I complete my bedtime routine.

Okay? So if you put or after it, then you can celebrate each of those things individually, where if it's, okay, I'll be successful today when I exercise, when eat a healthy meal for lunch that really fuels and feeds my body, and I compete my nighttime routine, if we connect all those words with N and that tells your brain, Okay, have to do all three of these things to be What if you did two out of the three?

You're not successful then. Okay, so where if we put the word or after each one, I'll be successful today when I this or when this and then at the end of night, do you get to celebrate one success?

Do you celebrate two successes or do get celebrate all three successes? Okay. So, not only does it help build our confidence, it helps And when we build our confidence in something, it's like, hey, I can do this.

You know, when you're confident in Something, you don't perceive it as hard. Things that I'm confident and doing, It's because I find them easy to do, right?

So if we switch that thought process, and you start building our competence, like you know what? I Can, i can, i can. I CAN do that. And I think I might be able to that too.

Let's try for tomorrow. Okay, so you see it is a very different mindset. So this is my last time will be live this week until Sunday night will we live on the Facebook page you have a little surprise for you guys.

And then we'll be back again next week.