



JANETTE CARDY FITNESS
WHATEVER YOUR GOAL, WE CAN MAKE IT HAPPEN

Mindset Guide





Medical Disclaimer

There is a substantive body of evidence surrounding the benefits of mindset exercises. However, they are not suitable for everyone. Accordingly, if you suffer from epilepsy, a mental health condition, or have otherwise been advised not to undertake this type of activity, you should obtain your medical practitioner's approval before making a start.

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Mindset & Motivation

My goal for you is the same goal that I had for myself when I set out on my journey... To create a sustainable lifestyle that enables you to look and feel good.

Many people make a decision to change based on things that they are having some dissatisfaction with. For example, many people are fed up with the excess body fat they have accumulated, they've had enough of feeling sluggish and tired, they are unhappy with feeling self-conscious, they feel stuck in a rut.

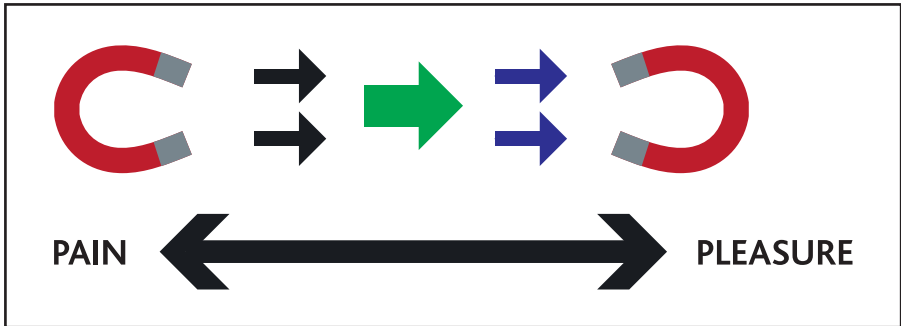
We might call this **“away from motivation”**, because these are all things that people generally want to move away from in life.

“Away from motivation” is very powerful because it is usually the thing that gets us to take action and to get us started.

Another way in which we are motivated is by being drawn towards the things we do want in our lives. In this case, a leaner, stronger, healthier body, more energy and vitality. Not only those things but what those things will allow us to do in life, how they will improve our lives.

For example, people have been able to start up their own businesses, gain promotions at work, feel confident in swimwear on holiday, attract a partner and even enter sporting competitions as a result of the increased confidence, self-esteem and new found energy they gained through the process of transforming their bodies.

We might call this **“towards motivation”**, because we are driven forwards towards the things that we desire in life.



So if the “away from motivation” is what gets us started, it's the “towards motivation” that keeps us going.

It's really important that we get clear about what we want in our lives, the easiest way to do this is to complete the AWAY & TOWARDS exercise.

This will take less than 5 minutes and will really give you clarity on the outcomes that you are looking to achieve from this programme.

Away from Towards Exercise

Away

Towards

My Future Self Mental Exercise

This exercise, repeated often is one of the most powerful ways in which you can use the power of your imagination to help you make your desires become a reality.

90% of our behaviours are driven by the subconscious mind and this exercise is designed to make an impression on the subconscious so that our behaviours become more automatic and in alignment with our goal of transforming our bodies.

Start by finding a comfortable place where you will not be disturbed for 10-15 minutes. Some people like to lie down and others like to sit in a comfortable chair. The more you complete this exercise, the more easily you will be able to complete this exercise almost anywhere. I used to complete this exercise in my car during my lunch break.

Because this exercise uses breathing and relaxation techniques, it has additional health benefits. We will be covering stress in a later module but for now, we can say that stress can be detrimental to health and body composition. This exercise will help you to relax, which is an important aspect of managing stress levels.

Read the following through first and then do the exercises on the next page.

Start by closing your eyes. Then begin to focus your attention on your breathing.

It does not matter whether you breathe through your nose or your mouth, just find whatever is comfortable for you.

Notice if you are breathing from your chest or your diaphragm, if you are breathing from your chest, start to breathe more diaphragmatically, feeling the belly expand and contract as you breathe. You may find that by doing this you have automatically released tension from your shoulders and that they have dropped, now is a good time to consciously let go of tension in your shoulders and neck and allow your shoulders to drop, notice how good it feels to let go of any tension.

Now bring back your attention to your breathing, to the in breath and the out breath, to the rise and fall that happens all by itself. Just stay with your focus entirely on your breath for a moment while the sounds play in the background.

Now take some deeper breaths, breathe in slowly and deeply from the belly and as your lungs expand, you feel your chest expand, breathe in for a count of 5 and breathe out for a count of 7, as you breathe out feel your shoulders relax down each time. Complete this deep breathing cycle 6 times while the sounds play in the background.

Now you are nicely relaxed, it's time to think about or visualise what you are working towards.



Those things that we wrote down in the Towards column in the motivation exercise, what were they?

It might have been to attain your ideal physique, to feel energised, to look better, to have more confidence, to attract a partner, to be more attractive to your partner, to love and be kinder to yourself more often, to be healthier.

Whatever those things are for you.

You can imagine yourself having those qualities in whatever way comes naturally to you.

Some people develop a clear image of what all this looks like, some people gain a feeling of what this will be like. Everyone's imagination is unique and so there is no right or wrong way to do this.

The main thing is that we are in a relaxed state and think about and can identify with our goals, and what we want to achieve. The more you repeat this exercise, the better you will become at doing this.

The more you focus on exactly what you want, getting a picture or a feeling of this, the more confidence you can have and the more you can trust yourself to make the right choices, and the more you find yourself increasingly able to cope more confidently with any situation in everyday life.

In fact, the more you think about what you want, the more excited you become and the more you enjoy doing the things that will propel you towards what you want.

Okay, so now we are going to bring our focus back to our breathing.

Just taking some deep breaths in and out.

We can start to bring our attention back to the here and now.

Bringing to our awareness our surroundings.

And opening our eyes.

Becoming fully alert, feeling fully refreshed in both body and mind, energised and motivated - fully capable of proceeding here with all due care and attention.



Goal Setting

Exercise:

What do you want? (try to be as specific as possible)

Why do you want it?

e.g. To look good in the clothes I want to wear, to have more energy to play with my kids, to feel more confident / have greater self esteem in my personal and professional life, to attract a new partner / to be attractive to my partner

Contract

I _____ make a commitment now, to positively change my health, the shape of my body, my attitude towards food and my education of what it takes to make this transformation a lifestyle that I will be able to maintain for the rest of my life.

Signed _____ Date _____