

FIGHTER ABS



Mindset Solution

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Chapter 1

You Become What You Think About

This principle relates to every area of your life. Your thoughts about others will affect the quality of your relationships.

The way you think about your body will affect your health habits and your physical appearance. The way you think about success and prosperity will affect the results that you enjoy in your material life.

You always move in the direction of your dominant thoughts.

Everything in your outer world is directly affected by what you are thinking and feeling in your inner world.

Unfortunately most people focus almost all of their attention and energy on the day-to-day physical tasks and technical information while neglecting their mindset.

For example, people obsess about their physical conditioning, jumping from one program, fad diet, or super-supplement to another in order to reach their physique or performance goals, but they ignore their mental conditioning.

I'm here to tell you that before you'll see any lasting transformation in your body, there has to be a transformation of your **mindset** and your **habits**!



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The process goes something like this: Your **thoughts** and **beliefs** lead to your **emotions**, which in turn lead to your **actions**, which cause your **results**.

The good news is that your *conscious mind* is the only thing in the universe that you can have complete control over.

Ultimately, only you can decide what you think about most of the time. Fortunately, by taking complete control of your conscious thoughts, you can also control the direction of your life and determine your own future.

By taking control, you will become happy, powerful, and confident. You will become unstoppable.

First, we need to understand a concept which is known as the **Coachability Index (CI)**.

Your CI basically reflects how “coach-able” you are. There is no point in introducing yourself to any new information if you are not open to learn anything new in the first place.

When it comes to learning things, there are usually two kinds of people: **Learn-it- All’s** and **Know-it-All’s**. To get the most out of this training resource you need to be a Learn- it-All.

You need to keep an open mind, especially when you are presented with information that you are unfamiliar with.

Your CI can be calculated by taking into account two factors:

- 1. Your willingness to learn new information.**
- 2. Your willingness to accept change.**

If you were to rate each of these two factors on a scale of 1 to 10 (1 being low or poor, and 10 being high or excellent) and then multiply these two scores, that would be your CI Score. For example, if you rate yourself 7/10 for willingness to learn, and

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5/10 for willingness to accept change, your CI score is $7 \times 5 = 35\%$. The ideal is to have a 10/10 for both, which gives you a perfect 100% Coachability Index.

So how do you measure your willingness to accept change?

You need to ask yourself what you would be willing to give up in order to create positive change in your life. Sure you want different results, but would you be willing to give up watching your favorite TV show for a few months?

Would you be willing to give up eating at your favorite fast food restaurant?

Would be able to give up that cold beer after work?

Would you be willing to give up some of your free time to create positive change in your life?

Take a few minutes to realistically assess where your CI is at right now. Can this be improved?

Chapter 2

Four Stages of Building Stronger Habits

In order to make permanent lifestyle changes you need to replace your unsupportive habits with new empowering ones.

Replacing old habits and establishing new ones will take time and consistent practice. Many of us have spent years doubting, worrying, stressing, and focusing on our lack of results (rather than focusing on what we want to achieve).

This leads to deeply engrained neural pathways in our brain which we will need to “rewire” by learning new habits and different ways of thinking.

There are four stages to developing stronger habits. These are as follows:



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Stage 1: Unconscious Incompetence

This is the stage where you “don’t know what you don’t know.” This is where you are at before you are even introduced to a new idea or technique.

For example, before you even learned a simple skill such as tying your shoes, there was a time when you didn’t even know what shoelaces were.

This also applies to your physical training... there are still hundreds of exercises or training methods that you aren’t even aware exist. You don’t know what you don’t know.

Stage 2: Conscious Incompetence

This is the stage where you now know what you don’t know. This is when you have been introduced to something new and you are aware of it but you still can’t do it.

For example, you just watched someone tie their shoes for the first time. Now you’re aware of the concept of tying your shoes, but you still have no idea how to do it yourself because you have not learned that skill.

Stage 3: Conscious Competence

This is when you have learned something new but you still need to consciously think about it and remind yourself how to do it.

For example, now someone has taken the time to show you how to tie your shoes using the “Rabbit Ear” method and you are now able to tie your shoes without help.

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However, every time you tie your shoes you still need to remind yourself of each step, such as “make 2 loops; right over left; through the hole; etc.”

Sometimes you forget and sometimes you get it right the first time, but you still need to think about it.

Stage 4: Unconscious Competence

This is the stage you arrive at when you have practiced or performed something so many times that it becomes second nature.

This is when you can tie your shoes without thinking about it or without even looking at your shoes.

Another example is when you are driving to a very familiar location that you frequently travel to. When you drive to a new job, for the first few trips you may need to look at a map, pay attention to the street names, and remind yourself which turns to make.

But after travelling to the same job for several years, you can drive there without thinking about it. You may even find yourself arriving without remembering how you got there.

The reason this basic concept of the **4 Stages of Building Stronger Habits** is so important is that all too often people don't give enough attention to learning new skills or building new habits because they think they “already know that”.

Maybe it's something they've heard before or read about once. Maybe it's such a simple or basic concept that they don't believe it deserves their focus.

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The truth is that you don't really know something until you LIVE it!

This is important to realize. Just because you might have already learned about some of the techniques shared in this book before, it does not mean you know those techniques until you have been using them and practicing them so consistently that they become habit.

Then you will be living it.

This is when you can drive without a map. This is when you become unconsciously competent. This is when you will start to experience incredible results!

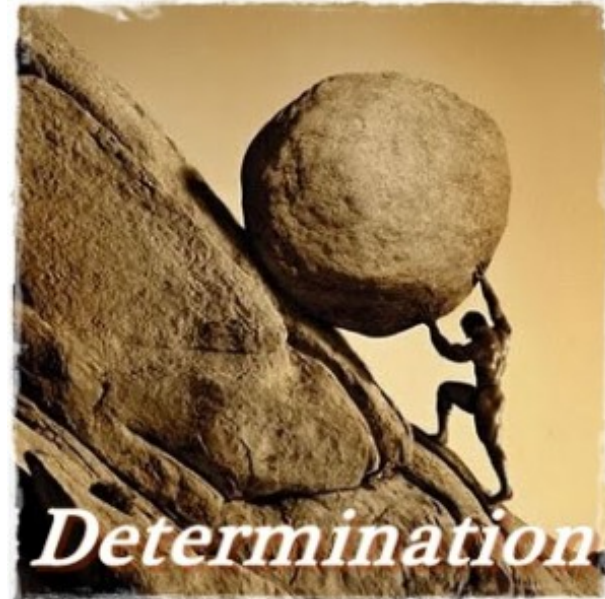
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Chapter 3

Mind Over Matter

For those of you reading this who are interested in creating physical change in your body, you will be interested to know that your mindset influences more than just building habits and directing your actions in life.

Your mind can also directly affect measurable physical changes in your body just by consciously changing your thoughts and emotions. Let's look at some examples.



In a very real sense, your mood or emotions can stimulate the release of different hormones in your body.

For example, when you are feeling stressed, angry or worried, your body will produce more stress hormones such as cortisol and epinephrine (adrenaline) which can increase blood pressure and blood sugar, as well as potentially lead to muscle breakdown.

One study even demonstrated that feeling rage or anger releases toxins in your body that make your saliva become toxic enough to kill several guinea pigs!

When you lose in a contest or anything else for that matter, there is usually a measurable drop in your testosterone levels, whereas the opposite is true when your brain registers a "victory".

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This is a very good reason for you to train yourself to view each challenge or obstacle as a positive; an opportunity to grow, learn, and feed your hunger for future success.

Depression has also been shown to lower anabolic hormone levels in your body, whereas positive emotions can stimulate the production of hormones that increase protein synthesis.

When you are aroused or “turned on” it is the release of certain hormones that increase blood flow leading to an erection.

This is a very immediate and measurable example of how much of an affect your thoughts and emotions can have on your body!

Section 2

Four Phase Formula For Mental Conditioning

Now that we've introduced the basics and touched on some of the theory behind training your brain, let's look at how to practically apply this concept using several proven and effective techniques.

The brain is like a powerful super-computer; it has an amazing ability to find solutions to challenges and discover ways to reach your goals.

However, your brain makes a much better servant than master; if left unguided its primary focus will be to keep you safe, avoid risk, and basically resist "progress" by keeping you in your comfort zone.

Therefore you need to give your mind clear and focused direction regarding what you want to achieve and your brain will almost miraculously find a way to accomplish your goals.

There are FOUR primary factors to consider related to programming your mind for success; these include:

- 1. You need to stop focusing on what you DON'T want.**
- 2. You must focus on what you DO want.**
- 3. Develop a strong sense of BELIEF that you will achieve it.**
- 4. Feel GOOD about it.**

If you can master these four elements of mental conditioning, you will realize far more success in every area of your life, not just your physical health and fitness. Let's take a closer look at each of these fundamentals.

Chapter 4

1. Stop Focusing On What You Don't Want

Almost everyone has dreams they would like to realize and things about their lives that they would like to change.

Unfortunately, relatively few are willing to step outside their comfort zone or develop the mental strategies necessary to get the results they want.

All too often feelings of fear, self-doubt, lack of confidence, bad habits, or simply feeling overwhelmed by the tasks ahead can stop you from reaching your true potential.

One of the biggest challenges I find with many of my clients is a lack of focus. It seems like most people don't even know exactly what they want.

In fact, most people have a better idea of what they don't want. But focusing on what you don't like about yourself won't get you results; it will just get you frustrated.

All of us have limiting beliefs or negative thoughts that creep into our minds and interfere with our goals.

That annoying little voice that tells us things like "I have bad genetics; I can't lose weight" or "No matter what I do I can't get rid of this gut; I'll always be fat."



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Before you can clearly focus on what you want, it is important to first train yourself to remove these distracting negative thought patterns.

It is much easier to eliminate a bad habit or negative thought if you can replace it with a positive one.

For example, rather than focusing on how much you want to get rid of your gut, think about how good it will feel to be lean and fit. Look at it like this: where your focus goes, energy flows, and results grow.

The Key is Awareness

The first step to changing the way you think is to become aware of your negative thoughts and feelings. Often, you've been thinking this way since childhood and it might have become second nature.

You might not even notice when you are focusing on something negative. But if you want to change, you need to recognize exactly what it is you want to change.

You might also want to involve your close friends and family in this process. Whenever you start to complain or talk about all of your "problems", have those who are close to you bring it to your attention, since the habit of focusing on these things is usually involuntary.

Negative Thought Stopping

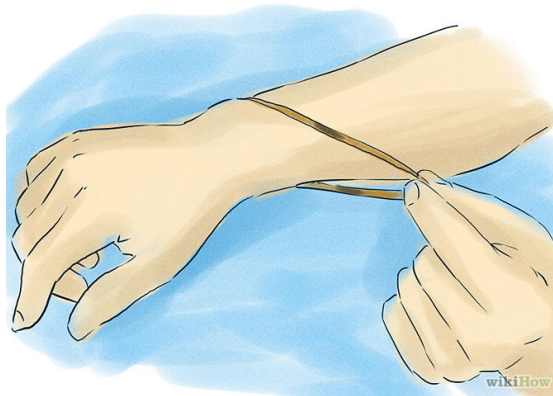
Once you are aware of these negative thoughts, the next step is to learn how to actively stop any negative thoughts that arise and consciously replace them with a positive thought.

Several methods exist to interrupt our worrisome or negative thought patterns before they spiral out of control.

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These methods can include visual, physical, or verbal stimulus. One of my favorite techniques is the **Rubber Band Method**.

This simply involves wearing an ordinary thick rubber band around your wrist and upon noticing a negative thought enter your mind, 'snap' the band on your arm and say the word "Stop!" Immediately after, rub your wrist gently and say an "opposite", supportive statement to yourself.



This will help you disassociate from your old, negative programming and re-wire your brain with supportive, new neural pathways.

Here are some examples of negative thoughts or limiting beliefs and their positive counterparts:

If this thought enters your mind:

"I can't enjoy life to the fullest if I'm so focused on my training."

... snap the rubber band on your wrist, say "Stop" and repeat this affirmative statement:

"I can focus on my training and achieve great results while living a fulfilling, balanced life!"

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If this thought enters your mind:

“People who spend that much time and energy on their physique are egotistical”.

... snap the rubber band on your wrist, say “Stop” and repeat this affirmative statement:

“I admire and model strong, physically fit people. I respect the achievements of successful athletes.”

If this thought enters your mind:

“I just have crappy genetics... I’ll always be fat and weak.”

... snap the rubber band on your wrist, say “Stop” and repeat this affirmative statement:

“I am getting stronger, leaner, and more muscular every day!”

Now create a list of your own limiting beliefs or negative thoughts and write down the opposite positive statement.

Then try the Rubber Band technique with each of the statements you wrote down. In the next section you will learn how to strengthen your focus on what you want to accomplish.

Chapter 5

2. Focus On What You Do Want

Once you have identified the areas in your life where you tend to focus on what you dislike, or the lack of something you want, in order to make permanent changes in your mindset you will need to refocus on something positive.

As you learned in the previous section, if you are trying to quit a negative habit it is always more productive to focus on replacing it with a new positive habit.

Once you are able stop yourself from focusing on something negative, this does not necessarily mean that you will spontaneously refocus on what you want.



It requires a clear and conscious effort to redirect your attention to your objective.

You need to be very clear about what you really want. Once you have this clarity you need to set up some solid goals to get what it is you want, and develop a deep commitment to achieve those goals.

Deep commitment means you are determined to reach your goals no matter what!

Once you have established your goals...write them down! When you put something in writing it will become more real to you.

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To maintain your focus on what you want to accomplish, post your list of goals somewhere very visible where you will see it every day.

For example, if you are trying to manage your cravings and eating habits, the refrigerator may be a good place to post your goals.

Setting SMARTER Goals

Research on goal setting has consistently shown that it can lead to enhanced performance, in the world of sport and exercise as well as business.

In fact, a meta-analysis showed that effective goal setting led to performance enhancement in 78% of sport and exercise research studies!

So how do you set effective goals?

There are three main types of goals:

1. Dream Goals are the ones that seem a long way off and more difficult to achieve. They may be anywhere from six months to several years away.

2. Intermediate Goals are like major check points on the way to our long term Dream Goals.

Intermediate goals build off the foundation of our short term goals but are set up to bring us closer to our Dream Goal. These are usually at least several months away.

3. Short Term Goals are those that usually deal with current activities, which we can apply on a daily basis. Such goals can be achieved within a few weeks.

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Top athletes understand that, although dream goals such as Olympic gold medals are important for directing our efforts, it's the day- to-day 'short-term' goals that are the true key to success.

These daily goals are the most important because they provide a focus for your objectives in each and every training session.

Past research on elite athletes found that setting daily training goals was one factor that distinguished the successful performers from the less successful.

There are some key principles to consider for effective goal setting. To remember these fundamentals, think of the acronym SMARTER; your goals should be:

Specific

Indicate precisely what you want to achieve. Avoid vague alternatives.

Measurable

You should be able to measure or quantify your goal.

Action-Oriented

Develop a concrete action plan and clearly outline the steps required to move toward your goals.

Realistic

Start with moderately difficult goals, rather than choosing goals that are either too easy or difficult to reach. Your goals need to be challenging but believable.

Time-Constrained

Set specific time limits and deadlines for both short term and

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long term goals; schedule it.

Evaluated

Record and monitor your progress regularly.

Reversible

In cases of injury, or failure to achieve a difficult goal, make the necessary adjustments and reset your goals as needed. Don't give up.



Take some time right now to write down your short-term goals as well as your long term “dream” goals.

Writing your goals down is the basis of a contract with yourself. It also helps to publicly acknowledge your goals.

Once your goals are established, you need to create a strong positive emotional charge for reaching them.

Consider the deeper reasons why these goals are so important to you and think about how it will feel to accomplish them.

Understand that you will need to make this a priority and it may require some hard work, but you will be successful and it

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will be worth it!

Many have also found it useful to write a Mission Statement for themselves, which summarizes their basic goals and primary objectives in their life.

Affirmations

Now that you have interrupted your distracting or disturbing thought processes and established some SMARTER goals to focus on, you need to reinforce these goals using spoken affirmations.

Affirmations are positive statements about yourself used to reprogram your subconscious mind to focus on what you want to achieve.

Your mind is a very powerful thing, and you can program it for success or failure. The choice is yours.

This relates not only to your physical fitness goals, but to every aspect of life.

Depending on the situation, some people might think it's strange to talk to yourself like this. I mean, I conduct full-on conversations with myself in my head every day! But I'd rather be strange and successful than "normal" and unsuccessful.

Let's look at some examples of effective affirmations that you might use. Often these conversations come in the form of short, empowering phrases, such as:

"I am more powerful than any obstacle."

"I am willing to break out of my current comfort zone to achieve success."

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“I choose to be powerful, strong, and confident.”

“I create my reality and I create the exact level of my success”.

“I am getting leaner and stronger every day”.

“I am grateful for all of my progress so far”.

How To Create Your Own Affirmations

Here are 10 key principles to consider when creating your own affirmations:

1. Be personal (Use I, me, my, or your first name).

“I AM RESPONSIBLE FOR THE INTENSITY OF MY PERFORMANCE.”

2. Be positive (don't focus on what you don't want).

“I CONSISTENTLY COMPETE AT THE HIGHEST LEVEL OF MY POTENTIAL!”

3. Use the present tense and phrase your affirmation as if the goal was already accomplished.

“I NOW HAVE A HEALTHY DIET THAT GIVES ME ALL THE STRENGTH AND ENERGY I REQUIRE.”

4. Change yourself not the other person.

“I STAY FOCUSED ON MY GOALS AND I AM UNAFFECTED BY THE BEHAVIOR OF OTHERS.”

(IE: Avoid statements like “My partner will now support me with my goals.”)

5. Do not compare yourself with anyone.

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“I AM UNSTOPPABLE! I DO WHATEVER IT TAKES!”

(Avoid statements like “I am more dedicated than Herman!”)

6. Use action words, and keep it short, simple and powerful.

“I TAKE CHARGE OF MY THOUGHTS AND FEELINGS WHENEVER I TRAIN OR COMPETE.”

7. Be realistic, but challenge yourself.

“I HAVE THE SELF-DISCIPLINE NEEDED TO CONSISTENTLY FINISH IN THE TOP THREE.”

8. Personalize it and use feeling words (involve emotion).

“I LOVE THE FEELING I GET FROM PERFORMING AT MY BEST!”

9. Focus on creating something new, rather than changing something that already exists.

“ALL GREAT CAREER OPPORTUNITIES COME MY WAY!”

10. Avoid & eliminate negative phrases like these:

“I WON’T...”, “I CAN’T...”, “I NEVER...”

Visualization

Scientific research has shown the use of visualization (or imagery) to be an important adjunct to physical training.

Past studies have demonstrated that athletes using visualization dramatically improved their performance by comparison with those who didn’t.

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This is why world-class, elite level athletes and coaches use imagery techniques regularly.

In fact, in a 2007 university study, participants measured an increase in physical strength of 24% in two weeks simply through mental training and visualization (without exercise)!



These strength gains were comparable to the group who actually participated in resistance training in this study.

Now, I'm not suggesting that you stop working out and simply sit on your couch and visualize yourself getting in great shape, but I do want to emphasize the power of mental training for getting better results from your physical training program.

With clear and vivid visualization training, certain parts of our brain can be stimulated to illicit small neuromuscular signals and specific hormonal changes that can lead to real physical changes in your body and your performance.

In addition, we can reprogram our subconscious mind to develop stronger neural "connections" that will reinforce those positive thoughts and beliefs that empower us to achieve our goals.

The key points to remember when practicing creative visualization are as follows:

- 1. Your imagery should be as vivid and clear as possible.**
- 2. Always visualize positive and controllable scenarios.**
- 3. Try to imagine in real time: the visualization of an**

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experience should last as long as the actual event.

For example, if you are imagining an activity that takes 1 minute to perform, you should take 1 minute to visualize it as well.

Often we imagine events more quickly than we actually experience them. Model your imagery in “real time”.

4. Visualize both the process of achieving your goal, as well as the positive outcome.

Here are a few simple suggestions of visualizations you can do, to get you started:

- See yourself getting up in the morning and being really excited about your goals. See yourself so excited you can't stay in bed any longer.
- Mentally rehearse your workouts before you go to the gym, imagining intense effort and picturing perfect form in real time.
- Imagine in vivid detail how much faster, stronger, leaner, more muscular, more powerful, more athletic you are becoming and how smoothly your body responds.
- Visualize how successful you will be in competition or training.
- Visualize yourself as a warrior, with unlimited energy. See yourself as unbeatable.
- Imagine that you have already achieved the dream goals you have set for yourself. How does it feel? What do you see? What would you be hearing? Picture every detail as if it's real.

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Dream Board

This is an exercise that can help you with your visualization exercises. Get a bulletin board and start posting pictures of what you want to achieve in life.

For example, you can cut out photos of elite level athletes in your sport; items you want to possess; things you want to accomplish; images of your ideal physique, etc.

Make visualization part of your daily mental training and you will start to experience the amazing results within a short time.

If you're still not convinced, watch this short video and listen to what one of the greatest bodybuilders of all time has to say about the power of the mind and visualization.

Chapter 6

3. Believe You Can Achieve It

Belief is a powerful thing. Your beliefs shape your perception of reality and influence what you believe is possible or impossible.

When you believe in something you begin to notice opportunities, and attract people and situations that will support your belief.

By increasing your belief that you will achieve your goal, you significantly increase the likelihood of doing so.

You can set all the goals you want, focus on the positive, say your affirmations, and use creative visualization, but if deep inside you just don't believe it's possible to reach your objective you are basically setting yourself up for self-sabotage.

Once you develop a strong belief in your ability to accomplish your goals, you will also significantly increase your motivation and ability to achieve these goals.

The first step toward increasing belief in yourself and your ability to get what you want is to start off setting goals that you find believable.

When you start with smaller goals that you perceive as somewhat challenging yet very realistic, you will accomplish



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these goals more easily.

Once you have successfully accomplished several smaller goals, you can build on these successes and this will increase your belief in your ability to achieve bigger goals.

You can tell your level of belief is high if you feel good when you focus on a specific dream or desire.

On the other hand, if you don't have a high level of belief that you can achieve that goal you will feel doubt or stress when you think about it.

This is why it is so important to focus on believable goals and develop a burning desire to reach them!

Ultimately it is your mind that determines what results you will achieve. Unfortunately, most of us have limiting beliefs or psychological barriers that limit our success.

The four-minute mile was a famous example of a psychological barrier. For years runners were apparently not able to run a mile in under four minutes, although many came close.

That led to the limiting belief that this was physically impossible.

It wasn't until 1954 when an English athlete named Roger Bannister finally beat the four minute mile record.

Incredibly, within a year and a half after Roger Bannister's famous breakthrough, 16 other athletes accomplished it! It wasn't because these athletes were suddenly training harder.



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It was because they were no longer limited by their beliefs once Bannister had demonstrated what was possible.

This is also a strong reason to surround yourself with successful people who have already accomplished the things you hope to, or who have the things you want to have.

One simple exercise you can start doing to increase your sense of belief in your goals is to start keeping a “Success Journal”.

At the end of each day, in the evening, write down five successes in your journal, regardless of how big or small they are.

This could be anything from achieving one of your big Intermediate Goals, or winning a competition, to something as small as eating a healthy breakfast in the morning.

Success feeds success. Because your beliefs shape your reality, you will be surprised at how quickly you achieve results that you thought impossible a few short months ago.

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Chapter 7

4. Feel Good Now

Your number one ultimate goal should always be to feel good NOW. Not next week. Not “after you get what you want.”

Always try to feel as good as you can right now, in the moment, regardless of any situation or circumstance.

I’m talking about your emotions here, not just feeling good physically.

For example: feelings of happiness, joy, or contentment.

This might be the most important principle. I mean, in the end isn’t the real purpose behind all of your goals and accomplishments to feel good and be happy?

The difficult part is to feel good before you get what you want.



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Ironically, one of the best ways to attract what you want into your life is to feel good now, regardless of your current situation or circumstances.

But this requires you to become detached from the outcome of your efforts. You need to do the mental conditioning, take the necessary actions, and then expect success... but allow it to come in its own good time.

If you feel stressed out or pressured when you think about your goals, it will be a long, unpleasant struggle to reach your objective.

If something doesn't feel right, then it probably isn't. Your goals should excite you and motivate you!

When you think about your goals, try to focus on all the aspects you like about them, and think about how good you will feel when you reach these goals.

Visualize yourself successfully accomplishing every goal and really picture how happy this will make you. Try to keep this feeling with you as you work toward your objectives.



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Also remember to feel good about the goals you have accomplished so far. It's always important to appreciate how far you've come, rather than dwelling on how far you have yet to go.

One of the best ways to start feeling good now, is to develop an attitude of gratitude. Focus on the positive things in your life that you are thankful for right now.

A simple exercise to develop your attitude of gratitude is to **make list of five things you are grateful for every day.**

This could be your health, your family, your friends, your partner, the opportunities you have, or the fact that you have a roof over your head and food on your plate.

Sometimes I just appreciate the fact that it's a beautiful day. The important thing is that you focus on something you feel grateful for every day.

Studies have shown that exposure to sunlight and fresh air can improve mood and relieve depression. To promote feelings of wellbeing, try to perform some of your workouts outside.

Exercising outdoors can do wonders for reducing stress and making you feel great.

Keep your head up. I mean this literally. Your thoughts and



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emotions respond to biofeedback from your body.

When you stand upright, hold your head up, smile, and walk with energy, you are sending physical signals to your brain that tell it to “feel good.”

So basically, by acting like you feel good you can actually improve your mood. Fake it until you make it!

I also strongly suggest that you choose your friends and colleagues carefully. Avoid negative people and complainers.

Attitude is contagious, and people you spend most of your time with will either “affect” you or “infect” you.

You might not even notice how negative some of your friends are until you start to change your own thoughts and attitudes.

As you become more positive and successful it will become obvious which people in your social circle are not good for you.

This may sound heartless, but you need to dump those losers NOW!

If they take up your time complaining and making excuses for their lack of results, this can only hold you back.

Separate yourself from anyone who puts you down or views themselves as a victim. Find a new group of positive, successful people to surround yourself with and you will start to feel better immediately.

On that note, I rarely watch the news on TV for the same

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reason. To me it's mostly negativity, sad stories, trauma, and people complaining about the economy or the government, etc.

It doesn't benefit you to consume these negative broadcasts every day. If something extremely important happens "in the news", trust me you'll hear about it from everybody else you talk to that day.

Test my theory and try to go on a "news-free" diet for the next 3 to 4 weeks and see how much better you feel.

Instead, watch a few comedy shows or movies. Laughter has been proven to have numerous health-promoting benefits.

Listening to music that makes you feel GOOD is another way to distress yourself and relax your mood as long as it doesn't contain any negative lyrics.

This is important... regardless of whether you enjoy a particular song, if the lyrics are dark, angry, or destructive, you are basically programming your subconscious mind with negative thought patterns. This is self-sabotage.

The bottom line is that now is the time to start feeling good, not after you reach your goals.

Look for any excuse to be thankful and feel great. Just like positive thoughts and emotions have a very real positive effect on your body, negative feelings (such as stress, sadness, and worry) also affect your hormones, metabolism, immune system, and recovery from exercise.

The good news is, once you start focusing on gratitude, that's when you'll begin to achieve even more results to be grateful for.

Mindset Solution

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