

To help you get into the right frame of mind to exercise...

Now I want you to start with a small exercise. Buy a sheet of firey red paper or a diary in a colour that resonates with you and write down what your life would look like if you were fit and strong? How different would your life look if you were fit and looking great? It is important you contemplate yourself having already achieved your end goal. Starting your exercise programme from this place of power is the key. Now doesn't that lift your mood and make you feel more motivated! Another fun thing to do is to create a dream board with a photo of you when you were fit or a photo of someone you aspire to looking like. Include cut outs of clothing you have seen you want to fit into etc. This gets you into alignment with what it feels like to be fit and strong.

Now ceremoniously burn your intention...

Now take this declaration that you now intend to get fit with all of the details of what your life will look like and burn it. Make it a ritual. Say out aloud as you are doing this "I am now connected to my true essence and self and know that I deserve health and fitness".

Now stop beating yourself up and allow in this process of change. And if fears or ambivalence arise remember they are natural. Observe your fears, ambivalence and blocks to change with awareness and compassion.



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