



WHO'S THE PERSON LURKING INSIDE YOU?

[YOUR BEST SELF!]

By Jaime Brenkus, L.E.A.N. Living

It's a fact of life—everything changes. We have no control over some changes, but others are by our choice.

Changing habits is one of the most challenging—especially when it pertains to food and fitness. True success with food and fitness is often accompanied with a change in the core way you think about them.

It helps if you can think of food as a “source of fuel,” and fitness as a “source of movement”—which is what they really are.

Change by choice is an all-or-nothing proposition. You can't exercise and eat correctly one day/week and then go back to your old ways and expect to reap the benefits.

A new way of thinking about food and fitness is a lifestyle change that leads to a new way of being in life. A decision that will ultimately lead you closer to your best self—the person you know is lurking inside you.

6 STEPS TO CHANGE

Step 1. DESIRE - Is this a change you really want? If so, you have to make a choice. Are you willing to become the person who can achieve the change? And if so, “why” do you want the change? Create a clear vision of the result you desire. So vivid, the thought of it energizes and inspires you to take action.

You will be tested. *Desire* (commitment, focus and will power) is the difference maker. The type of desire that empowers you to prevail when faced with obstacles and setbacks comes from within you. It's the “why.”

Step 2. BELIEF - Most of us fail when we let our past define us. We are not the same person today that we were yesterday. So, why do we let past failures determine our present and the future. It's like driving down the highway while looking in the rearview mirror. It doesn't make sense, does it?

I've found that if you were not successful in the past, it is usually a result of not having a clear vision of what you want (your *desire*) and understanding the “why” behind it.

Revisit your vision and your “why.” Dig deep and be honest with yourself about what's behind the change (weight loss) you want. Understanding your “why” is the source



of the belief that gives you the conviction, faith, confidence and trust to triumph.

Step 3. KNOWLEDGE - Knowledge is power. It is your guide. Understanding weight control and weight management empowers you to make practical and realistic lifestyle choices.

Step 4. A PLAN - A plan is a roadmap to your vision. A great plan breaks down the long range goal into smaller daily goals that are achievable.

Taking small steps daily, week after week, month after month moves you down the road to your goal in a way that makes it possible for you to recognize and reward your progression.

And, if you get detoured, the plan will guide you back to the main highway get and you back on track.

Step 5. NECESSARY INGREDIENTS - Setbacks are part of the process. Setbacks are normal (everyone has them). You **MUST** realize you have not failed as long as you get back on track. Dust yourself off and get back to your daily goals, and before you know it you've moved on down the road closer to your goal.

Step 6. PROGRESSING PERFECTLY - Every time you make a healthy choice, you progress.

Focus on the short-term goals (daily and weekly), and reward yourself when you accomplish one. Give yourself a pat on the back and buy that new dress or CD you had your eye on.

Positive reinforcement will motivate you to make the best choices and keep you feeling good about your new, healthy lifestyle.

After all this is about you—what thoughts you think and what actions you take—the right thoughts will fuel you (just like food) and inspire action. The right actions keep you moving (just like exercise) toward your vision. *Can you see it?*

Need help? A Lean Living Personal Trainer can be with you every step of the way...to ensure your success.



Jaime Brenkus has helped millions with his 8 MINUTE ABS videos, and recently appeared on the Dr. Oz show.

Call Jaime for your FREE 60 Minute Consultation today!



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