

Achieving Your Flat Stomach Part 1: **Mindset**

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The mindset that you create, will have the single biggest impact on the success or failure of every goal you set out for in life. Having the wrong mindset is like trying to swim upstream in a very strong current, you might make progress a little bit at first through extremely hard work and will power, but eventually you will fail and get swept downstream.

Here are some questions that Victoria would like you to answer:

When you hear the phrase 'eat for a fix,' can you relate? Have you ever done this? Do you do it habitually?

How many times in your life have you dieted to lose weight?

If your body isn't what you consider ideal, how hard is it for you to love and accept yourself anyway?

Are you an all-or-nothing exerciser -- either 6 days a week or 6 weeks on the couch?

This week I want you to spend at least 30 minutes answering the following questions:

- In your heart of hearts, do you believe you can achieve the goals that you have made for yourself?
- Do you feel like you deserve to achieve the goals you have made?
- What is your relationship towards food?
- What are your beliefs towards exercise?

If you have struggled with your weight in the past and are tired of failing, here is a very powerful exercise I would like you to do.

Visualize and write down in detail how your life would be like 10 years from now if you continue down the road of current negative choices. What would that look like? What would that feel like? For many of you, this exercise is extremely painful. What activities would you not be able to do if you continued down the path of unhealthy behaviors? Who wouldn't you get to see, what places wouldn't you be able to visit?

Now, you need to do just the opposite. Imagine yourself 1 year from now having made this year the best year ever, and achieved all your fitness goals you made for yourself. You have eliminated all your unhealthy habits and replaced them with healthy ones.

Answer all the questions I just asked in the above paragraph. This should bring extreme joy into your life! A smile should appear on your face. This is the life that is possible! I promise you that!

What I just had you do was to create as much pain as possible associated with not making the necessary changes towards healthy behaviors. I then had you create the most positive and joyous emotions possible by seeing yourself living out your dream body and ultimate health. Now every time your mind or body gets tempted to resort back to unhealthy choices, or doesn't feel like eating the right foods or exercising; you need to go back to this list and relive the negative feelings of making the wrong choices. Then relive the feelings of making the right choices, and what seemed so hard and tempting just a minute ago, won't seem like a big deal anymore!