



FITNESS FURNACE

MINDSET
WEEK 1



Week 1 Mindset

Welcome to the first week of the mindset element of the Oh Fitness Furnace. You may have tried different diets and training programs before that worked in the short term or even in the long term. But the key to lasting changes is changing your mindset around training and nutrition.

I want you to view every choice you make as a step towards or away from your goal. This doesn't mean you have no setbacks, it just means you need more steps in the right direction in the long run.

I strongly urge you to put into place the advice I give in the mindset section. If you haven't put any importance on it before - it may sound a bit wishy-washy but eventually, you will see your attitude change, and eventually, your life. Big promises - I know!

While most of the tips will be in relation to health and fitness, they should translate well into other areas of your life.

For week 1, I want you to set some goals.



- Take out a piece of paper and write your goal at the top.
- Make it as specific as possible. I am going to use the example of fat loss because so many people sign up to the Furnace as their main goal.
- e.g. I want to lose 5cm off my waist and 5cm off my hip while still being able to enjoy a social life (or family dinners, or chocolate every day etc.)
- Do you have a realistic timeframe to achieve this goal?
- 5cm off my waist in 2 months is achievable - but in 2 weeks might not be possible or require extreme measures
- Timeframes aren't always necessary for a goal but it does help focus your intention
- Break the goal down to where you are now
- e.g. if I want to lose 5cm off my waist in 2 months, I need to create a calorie deficit that I can stick to for at least two months



- I need to be able to enjoy my food and not feel restricted if I want to keep it up long term
- I need to build more muscle so that I can burn more calories day to day and look leaner
- Looking at the above, I need to get help with my training and nutrition
- I need to sign up to the OH Fitness Furnace (well done - you can tick that one off already!)
- Take each task that you can do immediately and stick it into your daily planner or calendar.
- Close your eyes and imagine with deep intensity how it will feel if you achieve your goals
- This part is very important. Immerse yourself in your imagination.



- e.g. if you are imagining your hips being smaller, then put your hands on your hips and imagine how you want them to feel.
- This is more important for less superficial goals e.g. if you get your dream job. You can imagine how your life would look and how you would feel waking up every morning.
- Do a quick run through these steps each week. Sometimes your goals can shift or you can see a different path so you change your tasks. You can review the tasks you achieved during the week and plan your week ahead.
- It might take some time but if you are consistent with this process, you can achieve almost anything.



- On a deeper level, I want you to consider your values in life. Hopefully, your goals will line up with your values.
- What do you hold most important to you? Here are some examples

Happiness

Health

Freedom

Security

Love

Integrity

Stability

Vitality

Power

Independence

Discipline

This is not an exhaustive list at all. I would advise to rank 4-5 values in order of importance to you.

Once you have an idea of your value hierarchy, it makes it easier to determine what goals should take priority and important decisions become easier to make.



e.g. If 'Freedom' ranks higher than 'Stability' then you are more likely to choose self-employment over a career. If 'Love' is more important to you than 'Stability', then you might change your job or country to accommodate a relationship.

For the last few years, I have been clear that Freedom, Happiness and Health are my core values. It makes it easier to make big life decisions when you know they are in line with your values. e.g. leaving a secure job or secure home to travel.

Even smaller decisions like choosing dinner with friends over sticking to my diet because for me, 'Relationships' would rank higher than 'Discipline'.

Are your goals in line with your values?