



# ***FITNESS FURNACE***

**MINDSET**  
WEEK 2



## Mindset Week 2

### Journalling

- How often do you slow down to really consider your thoughts?
- Journalling is one of the best tools for success. We live in such a fast-paced environment where there is content with other people's beliefs and values flooding our phone and therefore our brains. We go through routines that we may or may not like - without ever considering if it is getting us closer to where we want to be.
- Sometimes we go to bed with our minds buzzing with ideas that are often forgotten about in the morning. We wake up and know what Susan down the road has planned for the day without even planning our own.
- Enter - The Journal. I want you to pick up a basic notebook. Lined or not. It doesn't matter. It's what you put in that will make a difference.
- If you are brand new to journaling I recommend starting with positive thoughts under four headings



**Yesterday I enjoyed/am glad that...:**

**Today I am excited for...:**

**One step towards my goals that I can take today:**

**Three things I am grateful for:**

- It is that simple. Wake up every morning, reach for your journal and pen and start the day with some positive thoughts. Even if you had a terrible day the day before, hopefully you will be able to find some good part of the day. Same if you are dreading the day ahead for whatever reason.
- Practising gratitude is a powerful tool to ground yourself and appreciate what you have.
- You can, of course, come up with your own headings but I found these really helped me when I was struggling with my body image post-bikini competition. E.g. I might be beating myself up after eating too much the day before but I would write in my journal 'Yesterday I am glad that I met my old friends for pizza and drinks - it was so great to catch up'. It helped me put a different spin on the all-consuming dieting lifestyle I had gotten myself into.
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- I remember when I was stuck for things to be grateful for I would be grateful for my morning coffee, or having a roof over my head. It is ok to be grateful for material things too. As long as you are being genuine to yourself.
- As you start to write down your thoughts. I want you to keep asking yourself one question:
- Why?
- Take as much space as you need for this in your journal. Write as if nobody would ever read it. Become honest with yourself.
- Are your thoughts lining up with your values?
- e.g. I can't go for dinner tonight with my parents because it will be off my diet plan. Why? I am trying to get in shape for my holidays. Why? I want people to think I look good in a bikini. Why? I want your man\* to fancy me and he won't like me if he sees me in a bikini as I am now. And? If he doesn't like me as I am then I wouldn't want to be with him. So? I'm going for dinner but I won't drink so that I can still train and feel good.



- It helps you examine your thoughts and block out all the unnecessary stuff you might have going on. It will bring you clarity and it might even help you identify areas of your life that you want to make changes.