Why Focus on MINDSET?

CHANGING OUR MINDSETS TO CULTIVATE OUR BEST SELVES

why is mindset so important?

Shifting your **mindset** is fundamental for creating a healthier life **and** building a lifestyle that you can maintain for the rest of your life. My mindset was one of the most important shifts I made in order to lose my 100 pounds.

Let me explain why.

First of all, people often try to lose weight with the **worst** state of mind possible: **wanting to "fix" themselves.** They jump into diets and exercise plans in order to improve their bodies and lives, self-deprecating, calling themselves "**fat**", and often feeling **terrible** when they look in the mirror.

This leads to becoming **obsessed** with fixing the issue **quickly**, resulting in quick-fixes rather than **sustainability**.

Ultimately, this can be incredibly **destructive** and result in people losing sight of self-care, gentleness with themselves, and building an actual healthy lifestyle. We focus on **depriving** ourselves and overexerting ourselves through exercise, creating a negative mindset and **deteriorating** our relationship with food and movement.

Long term, it's no secret that this leads to failure.

"We cannot solve our problems with the same thinking we used when we created them"

— Albert Einstein