

change your thoughts, transform your life

Your thoughts are extremely powerful and are instrumental in shaping your life. Sometimes you cannot control the outside world or a situation but you can choose how you perceive it.

When you think negatively, your body creates a physical stress response as it recognises the thought as a threat. It can increase your heart rate, blood pressure and can cause inflammation in your body. When you think a negative thought, your body releases adrenaline or cortisol (stress coping hormone), which can then leave you feeling anxious, fearful, tense, worried or angry due to the release of these hormones.

You can save yourself a lot of emotional stress and physical discomfort by observing the thoughts that don't serve you well and by changing your perception of a situation, so you create a more positive, realistic, safe reality for yourself.

FOR EXAMPLE;

Have you ever said to yourself....

"I CAN'T BE HEALTHY IT'S JUST TOO HARD" OR "I CAN'T LOSE WEIGHT, IT'S JUST TOO HARD?"

Do you actually think these statements are true?

Let's take one of the most common negative thoughts / beliefs people have which is "I can't lose weight, it's just too hard".

What if you stopped for a second, questioned this thought, questioned this belief and asked yourself.....Is this statement really true? Is it a fact?

THE ANSWER IS NO!

Every day you see people getting healthy and overcoming their weight problems just by regaining their health back!

So what this means is that your thought "I can't lose weight, it's just too hard" is a limiting belief with a negative association attached to it. This is a thought that you have had for so long, that you can actually end up believing it, without any question!

So next time a limiting belief or negative thought crosses your mind, catch it and change it....

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For example; instead of "I can't lose weight, it's just too hard"

Change the "hard" to "challenging" and the "can't" to "can"....

You now have a new thought to say to yourself "I can lose weight, it's just a challenge"

HOW DOES THIS NEW THOUGHT RESONATE?

I can guarantee it has a better ring to it, one of possibility and hope that makes you feel stronger and more empowered!

Over the next few weeks start to catch these old thoughts and limiting beliefs that you have of yourself and see how you can change them to be more positive.

Ditch the old stories you have of yourself that don't serve you and begin to create new ones!

When you start perceiving things in a different way and change your self-sabotaging thoughts to positive, realistic thoughts of hope and possibility, you can create a new healthy, happy, hopeful future for yourself...where anything is possible!