

Change your Beliefs

You will NEVER change if you believe you're stuck, because... Actually, let me ask you first: Do you know the difference between fixed and growth mindsets? 🤔

There are the two main mindsets we navigate life with: fixed and growth.

If you believe that your qualities and personality are unchangeable, then you will want to prove yourself correct over and over again rather than learn from your mistakes. This is the fixed mindset.

But if you choose to believe that even your most basic skills and abilities can be further developed through dedication and hard work, because talent and potential are just the starting point... That's the growth mindset right there! 💡

Your view of yourself determines everything, which means.. That only those with a growth mindset will truly believe they CAN change.

Instead of believing you're stuck, start believing you can change. You know what they say: Whether you think you can or you can't, either way you're right. 😊

Find Your Balance

Balance is not something you find, but rather it's something you create. ⚖️

I've always wanted to achieve a good sense of balance in my life, but I, too, have used the "I'm busy" excuse far too often.

I was too busy to work out regularly, too busy to cook good meals, too busy to spend time with loved ones. In other words, too busy to prioritize my physical and mental health.

How could I be too busy for that? 😞

I don't know, but I'm sure you can relate! We're all running around these days, trying to accomplish more things than we have time for...

And, in the process, we often neglect the most important ones: ourselves, our loved ones and our wellbeing.

It wasn't until I decided that living a balanced life, combining work with a lifestyle that I find enjoyable, engaging and fulfilling, is my personal definition of success, that things changed for me! 💡

If I can advise people one thing and one thing only, it's to look after themselves.

Eat and sleep well, move your body every day, stay away from negativity and surround yourself with uplifting messages, people and thoughts.

The quality of your life will change in ways you cannot even imagine, and everyone will benefit from a happier, healthier, stronger you! 😊

Have Some Fun

What are the things you can turn to that never fail to put you in a good mood?

Research shows that having fun gives us an opportunity to connect with others and get creative, so it really shouldn't be left at the bottom of our "to do" list.

Especially before working out, starting a new project or deciding to go for a big change, feeling good & motivated will make a real difference. 😊

For example, did you ever go to the gym in a terribly bad mood? Bet you managed to push through the workout, but it wasn't much fun – at least, not at first.

So, tell me: What triggers your senses and helps you feel lighter & happier within minutes?

It could be your favorite series, going for a long walk in nature, or simply turning off your devices and resting without interruption. 🛏️

I'd love to know what goes on your list – might share mine with you, too. Curious?

Lean Muscle

Do you know what the biggest mistakes you can make when trying to add lean muscle are?

Whether you're a professional bodybuilder or just trying to tone up for the summer season, lean muscle is a must – because muscle equals tight, toned bodies! 🍌

However, there are some major mistakes people make, leading to wasting precious time and energy for little to no results.

My advice for you is not to focus on long cardio sessions only. When building muscle, be careful about the kinds of cardio you're doing to not end up burning into the muscle you're trying so hard to earn! 😓

I recommend doing more weight training and, if you still want to include cardio, you should stick to HIIT type cardio sessions (short bouts of intense cardio) and limit it to only 2-3 times per week.

But while weight training exercises are essential in building strong muscles, nutrition is a key factor as well. Muscle does not build by working out alone. This is a misconception! 🤔

Building muscle requires a proper diet. Every meal you eat should include protein – preferably at least 5 small meals every few hours (to keep energy sustained and your metabolism constantly working).

You should also eat plenty of carbs around your workouts. Have a protein shake and something like rice cakes or fruit to get some quick burning carbs to go right to muscles that need repair the most.

Push past your limits in a SMART way. 100

What's your struggle when trying to build lean muscle? ↓

Permanent Language

Do you know people who say things like, “I am who I am”, “I am the way I am”, or even “Take me or leave me”?

I bet they're not very willing to take the blame or have a sense of responsibility when things go wrong. 🙄

♂

This isn't because they're bad people, but rather because those of us with a “fixed mindset” tend to believe that their innate abilities will always mean that they will win whatever they do.

Accepting that they are wrong once or twice might as well mean they are always wrong, and nobody likes to think that they are always wrong.

But in my opinion it's far better to believe that while yes, you are the way you are, you can also change and be a different way in the future (especially if you notice the way you are now isn't bringing you the results you crave). 🗝️

A growth mindset, or the belief that you are in control of your own ability, and can learn and improve, is the key to success.

Yes, you will need to work hard to make changes, but it'll all be made easier by the genuine belief that you CAN make those changes!

Your mindset is as important as your best idea, so allow yourself to be flexible. Start by correcting your permanent language, and you might notice how you open up. 😊

Show Up

You may have heard it all before, but...

When you show up consistently in small ways, you create more chances that you're in the right place at the right time – that is, when opportunities appear. 🙌

Whether you're looking for the right job or partner or client, or you're working towards results that aren't quite there yet...

Showing up will drive you to find them quicker than lazing around, that's for sure. 😊

My advice for you is to keep showing up, day after day, and TRUST that good things will come your way if you stay consistent.

When you put in the work, results will come sooner or later. You can't control the timing, but you can control your efforts. 💪

Remind yourself to stay flexible and open throughout the process. Your ideal destination might change as you learn new things, and that's perfectly fine.

Live in the present but be patient, for ALL good things take time. Nothing worth having ever came overnight, and if it did it left by the next morning. 😊

Be persistent, stay strong and don't doubt that the harder you'll work, the luckier you'll get!

There Is Nothing Wrong With You

Hey, you! Is your mind selling you nonsense again? What's it saying this time?

Are you going to fail at, like, everything? 🤔

Is everyone going to laugh at you, too? Probably during the whole failing thing? 🤔

Or worse, you're going to fail before you even start because you'll NEVER get up from that couch – you should have known it before committing to going for a run with your friend? 🤔

Listen, there's nothing wrong with these thoughts. In fact, let me put your mind at ease: I have them all the time, too. (And so does everyone I know!)

It's true that, if you work on your mindset, these thoughts take it down a notch over time and stop coming for you 24/7. But they're still coming and often.

But you don't have to believe everything you think! 😊

Do you honestly believe you're ALWAYS right? Well, you're probably wrong from time to time, so why would you always be right about your abilities and your ambition?

Actually, you'd probably do a fantastic job if only you'd put these thoughts aside and focused on ACTION.

Then you might have a clearer idea of what you can and cannot do... What do you say, ignore them and give it a try? 😊

Your Beliefs

We are our beliefs.

Our beliefs shape our lives and, indirectly, the lives of our loved ones too – so it's probably worth analyzing them from time to time to see if they still ring true to who we're becoming.

We're always responding to the world as we believe it to be. 🌍

Because of our beliefs, we shower every morning or don't bother, we vote for Josephine and not for Jack; we crave certain foods and avoid others.

In this way, our beliefs tell us who we are. They mark our place in the world and signal to others if we're a friend or a threat.

We generally take for granted that our beliefs are always accurate, but remember: There is no clear evidence that your beliefs hold more value than Maria's. 🙋

So while we generally trust our beliefs and they usually serve us well, they can be very vulnerable to error and distortion.

In other words, just because we believe it's true, it doesn't mean it's true!

Take time to declutter your mind often and replace any old beliefs that have started to hold you back with new ones that make more sense, teach you and empower you.

Keep recreating your reality in this way. Choose what you want to believe in and who you want to be. 🙌

Your Journey

I'm sure you've heard this one before, but it always seems impossible until it's done!

(That was Nelson Mandela, actually, not me.)

Your journey's destination might look like Far Far Away right now, but that's because...

Well, it really is far, far away from you if you haven't even taken the first step yet! 🚶

But start walking with drive and determination and you'll notice that it's starting to turn into Close Even Closer soon enough!

Keep going and you'll make it there, or find an even more appealing destination to call home on the way.



Either way, you won't be stuck somewhere you don't want to be anymore, complaining that the journey seems long and why not wait for next spring and should you even go in the first place?

Go steady, but keep going. I don't know if it gets easier, but you sure do get stronger! 💪

Hashtags:

#health #fitness #healthylifestyle #motivation #wellness #healthy #workout #lifestyle #fit #training
#fitnessmotivation #instagood #nutrition #exercise #weightloss #fatloss #strong #healthyfood
#mentalhealth #selfcare #healthyliving #inspiration #mindset #motivation #success #goals #transformation
#takeaction #power #fun