



THE SECRETS TO FEELING 'FLIPPING FABULOUS!'

Woohoo! I am so happy you have decided to check out how you can start to FEEL 'Flipping Fabulous!' Its all about changing your mind! Read on...

To develop the kind of 'mindset' that successful lifestyle change requires it's crucial to keep your thoughts and self-talk positive!

In order to stick to healthy eating and training habits and avoid the habits that lead to unhealthy behaviours and illness you need '**Mental strength**'

Developing **mental strength** can be achieved in various ways but the main qualities to help you are:

EMOTIONAL STABILITY

To possess the quality of maintaining constant poise despite being or feeling under pressure.

STAYING EVER READY FOR CHANGE

If you acknowledge that change is the only true constant then flexibility of mind and adaptability of character are among the most important traits you can develop.



DETACHMENT

It's easier to get through most setbacks and come through stronger if you can sometimes take a step back. Don't waste time wondering 'why did this happen to me?' focus mainly on solutions or what you can control.

STRENGTH UNDER STRESS

Maintain resilience in the face of negative pressure by developing your capacity to deal with stressful situations. Try not to shy away from them but embrace them as growth tools.

PREPARE FOR CHALLENGES

Know that whatever happens in training and in life you have absolute choice over what you think about and how you react.

Feed your mind with positive thoughts and images that make you feel strong, positive and confident. You could use an affirmation like 'Every day in every way, I'm getting stronger and stronger!'

FOCUS

Stay present, concentrate on the things you can change right now, but also be mindful of the long-term outcomes to stay steady in the face of real or potential obstacles.

BE SELF VALIDATED

Don't worry about pleasing others; just make an effort to do what is right and know what you stand for and value.



PATIENCE

Never expect immediate results or try to rush things your body is a living organism to achieve lasting results takes consistency and time!

CONTROL

Avoid giving your power away to others you are in control of your actions and emotions your mental strength is in your ability to manage the way you respond to what is happening around you and within you.

ACCEPTANCE

Never complain about the things you can't control recognise at the one thing you can ALWAYS control is your own response and attitude and use those attributes effectively.

UNWAVERING POSITIVITY

Stay focused on your goals always keep at the front of your mind your BIG reasons why you're training

CONTENTMENT

Be grateful for what you have focus on what you achieved and what you are going to achieve.

TENACITY

Never! Never Give Up!

Being a mentally strong person takes practice and mindfulness it requires



knowing your bad habits and making a point of learning new habits to replace them.

Its quite a list isn't it? You may be asking yourself, how on earth do I put in place all of that?

Well its actually easier that you think, with the right strategy based on where YOU are starting from right now, and some courage and commitment to 'getting curious' on your part.

By working with a health coach or mentor who works on principles and a step by step plan, who can teach you how to work on the mental 'muscles' as well as the physical (one affects the other) YOU can transform your whole life not just one or two aspects of it, so that you FEEL **Flipping Fabulous** faster than trying to work it all out on your own!

To find out about how I help you to do that please book an appointment for a 'Cut the Crap' 30 minute Coaching call [HERE](#)

If you enjoyed reading this you might want to take my [Diagnostic Quiz](#) that WILL help you figure out how WHERE you may want to make some changes and where you are already doing 'Flipping Fabulous!'

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