

## 6 Mindsets that Help or Hinder Progress

### 1. Seeing the forest for the trees

- According to dictionary.com, this is defined as: An expression used of someone who is too involved in the details of a problem to look at the situation as a whole.
- Focused solely on the scale going down, they are not seeing the bigger picture in terms of:
  - Additional health benefits from new behavior
  - Added sleep/water/activity lowers your stress/cortisol thereby increasing overall energy and added benefits
  - A change in body composition (how your body looks) is not always accurately reflected in what the scale is reading



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### 2. Press forward through adversity

- Changing your nutrition and day-to-day healthy behaviors takes time
- Trust the process, and remember that consistency is more important than perfection.
- Keep going even when you don't think change is happening. IT IS HAPPENING.
- Nothing worth having is going to be easy, so continue to move forward through adversity and know that you will see success and improvement with time.



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### 3. Happy middles vs Happy endings

- Setting a date to look a certain way or for the scale be at a certain number is the #1 way to set yourself up for disappointment
- Progress takes time; you are a work in progress
- Even once you achieve "your ideal" look, it is going to require ongoing habits/work/maintenance to sustain
- Accept and enjoy the process versus focusing on the outcome. You will not only realize there is no end date for your "best self", but rather, a lifelong project where you are the #1 benefactor of the benefits and results.



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### 4. Get rid of start dates, finish lines & restrictions

- Sticking to restrictions and daily mantras of "I can't have this" typically leads to over-consumption of what has been restricted or, even worse, simply foregoing the plan altogether when you've barely started.
- The more limits we put on ourselves, the greater our tendency is to think about the restrictions as they consume our thoughts.
- Instead of restricting ourselves, practise the concept of "adding on" which incorporates moderation in our day to day. (ie. Cottage cheese & cookie)



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### 5. Not accepting less than perfection

- This is the number one mindset that will trigger sabotage
- On any plan to better your health, and along every journey, you are going to experience failure/mishaps/challenges
- Perfectionists who experience "failure" will inherently move into the mind set of "well, I messed up, so I may as well give up for today/tomorrow/this week/this weekend"
- Your success is not going to come from expecting perfection. Your success is going to be the sum of being consistent as often as possible day-to-day, week-to-week, and month-to-month.
- One meal and one day is not going to ruin your progress, but continuing with self-sabotaging thoughts and actions will certainly undo what you have been working so hard to achieve.



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### 6. Thinking that less (calories) is more (fast fat loss)

- "I'm eating 1200 calories and not losing weight"
- Realistic expectations of weight loss; it is going to take longer than you think it will
- No need to slash calories; sustainable weight loss with sustainable calorie deficit
- A great reminder is that it did not take 1-2 weeks to put on the 10-20lbs you are looking to lose. It is going to take time for it to come off.



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