

5 Essential Steps to being the Best You



Step 1. The Pleasure or Pain Set (some people call it mindset)

Over the years some people tend to have that realisation and ask questions like "is this what it's all about?", "I just want to relax", "I'm too tired to exercise", "I'll do it tomorrow when the weather is better", "I can't be bothered to cook, I'll just pull intoand grab something quick (usually a burger and fries)". Sound familiar?

There are some key fundamentals of "being the best you" and it's a matter of understanding and then acting to make it real. Too many times have people said "I'm gonna do this and I'm gonna do that" but rarely do you see these people actually do anything. What a shame! If only they achieved 10% or more importantly acted and took that one step to start the whole process, where would they be, what would they have, how fit would you be, how much enjoyment will they be having and how balanced would they feel in life?

Why don't you just start? Well, as a person said to me once, "the pain of doing it is more than the pain of not doing it!" What does this mean I hear you ask! Simply put, we're too lazy to actually get off our backside and make things happen. We all know if we did it we would feel better and it would make us more proactive in getting whatever it is we want. Simple.....NOT! Your brain is brilliant,

however we don't actually use it 90% of the time, and some of us probably 95%, so it's a matter of telling your brain to work and get on with it.....if it were only that easy! So we're talking about changing your mindset. Mindset is a very subjective thing and if you ask 50 people you would probably get 50 different versions of mindset. So I prefer to call them pleasure or pain sets. Your brain will like the idea of pleasure and hate the idea of pain. So what will give you pleasure after you have eaten better, exercised and made the effort to learn? Write it down, think about it.....do it now, don't wait.....I'll guarantee you will feel more pleasure than pain by doing this!

Let me give you an example....Joe has 2 kids, a wife and a stressful job. Joe leaves work early in the morning, comes home later in the afternoon and puts in extra hours because he can't get everything done. Joes kids do sport, music, go to friends places and Joes wife works 4 days a week to get out of the house and keep her sanity. Joe is always under the pump and explains to his friends that he just doesn't have enough time to do anything. Joe is a prime candidate for a heart attack or stroke. What are the emotional trigger points for Joe to actually stop? Joe wants to see his kids grow up and be successful (like him), he wants to see his daughter grow up and marry a great guy (like him) and Joe and his wife would love to retire and travel the world and experience all that life has to offer. So, how does Joe change?

Joe wakes up in the morning and says to his brain-

"Life is great, I have 2 beautiful healthy kids that I want the best for, I hope my daughter marries a great guy, I will lead by example and live a life that's balanced so I can pass onto my son, and I will be healthy and fit for my wife so we can enjoy our life's journey and retire and see this beautiful world of ours until I'm 90 years old. I only need to start my day by stretching, putting my shoes on and go for a walk to the gym where I'll lift some weights and walk home ready for a balanced breakfast to start my day. Thank you for allowing me to start my day this way".



If Joe just starts, the rest will follow and the day will be more productive and less stressful. Is that a pain set or pleasure set? Is Joe still doing everything? YES, but he's doing everything with a more balanced approach, taking time for himself and his family which in turn leads to a less stressful existence. Isn't that what we want? I know I love to be busy, but not too busy that it becomes overwhelming and if it becomes overwhelming then the MUST HAVE ingredients in your life are movement and healthy eating, which in turn gives you a healthy mindset or as I like to call it a "PLEASURE SET".

If you want to make it real, go up to a random person, say hi and ask them about their "Pleasure Set". Don't worry if they look at you strange, explain to them you've changed your mindset to a pleasure set and then list all the things you want in your pleasure set!

Step 2. Movement, exercise and or Gym

I've seen a Steve Martin movie where he jumps in his car, drives 20 metres down the road, gets out of the car to go and talk with someone 3 houses away from his. Is that you? Or is it our community? If it is, I'm sorry to say, you've got a problem! If you find it hard to get motivated to "actually do exercise", you may like to try and set up a couple of days a week where you do small amounts of movement. After all, it's the act of starting that makes all the difference! You may like to walk down to the store to get milk, or drive to the beach and then walk along the beach for 5 mins one way and walk back- take some photos of the scenery and show family and friends and say to them you had an amazing experience.

No one can tell you what to do, so you need to be self motivated.

We need to combine the "Pleasure Set" with a pleasurable movement or exercise programme.....agreed?! Great, I can feel you saying "Yes, I agree, I want to make exercise fun and pleasurable"

The good things about a good gym:

1. People or trainers that care and have a genuine desire to help you achieve your outcomes.
2. Good equipment that doesn't take 20 minutes to work out how to use.
3. Positive people with positive energy.
4. Fitness or movement classes that aren't intimidating for beginners.
5. Measurable results- it's great when your plan comes together and backed up with results.
6. Rewards- I love rewards, I know people love being rewarded for getting great results.
7. Support system, people to talk to in confidence to help you achieve your desired results.

I think a personal trainer is great, as long as the personal trainer has a genuine desire to help you and not just yell, abuse or insist on showing you their big muscles so they can show off. I know most personal trainers are great, however if you feel you're not getting the results you need, don't be afraid to ask for another trainer, each trainer will give you something new and have a fresh perspective on your needs. A personal trainer will make you feel comfortable and they all know it takes a little time of consistent movement and exercise to get results.

Ok, still not convinced that a gym is the best way to go.....then start by walking.

Let me give you an example. Jane is a busy mother of 3 rebellious kids, a husband who is like the 4th child and Jane feels she has

to do everything, has no time for herself and has started to put on a few kilos, much to her dismay. Jane is getting a little depressed, feels no one is on her side and starts to eat more than what she should and says "well no one cares anyway". Jane's confidence hits an all time low and her husband, although he cares, can't do much about anything because Jane just "doesn't want to hear it!" One day while Jane is dropping off the kids at school, she sees her friend Joy who looks amazing. Jane says "Joy, you're looking amazing, what have you been doing?" Joy explains that she started her "pleasure set" and combined that with a movement class to get things going. Joy joined a class, made new friends, goes twice a week and absolutely loves it. So Joy invited Jane and they worked on producing a "Pleasure Set" and married that with a couple of days of movement classes. Jane, making time for herself, regained her self worth, made new friends and has a great "Pleasure Set" to keep her motivated.

Move it or lose it! What a great saying..... beautiful people come in all shapes and sizes and feeling good about yourself with doing a couple of movement classes per week adds more confidence to you and your life. Check out different movement classes, you don't need to attend high energy, mega sweaty classes....there are classes that focus on movement, increasing flexibility, gaining better posture and increased coordination.....all making you feel more beautiful, strong and confident. So as a wrap up.....move baby move, get into the groove! Find what ways you can walk more, move more and combine all these with your new "Pleasure Set".



Step 3. Food and nutrition

If I asked you which foods are healthy and which foods aren't from the following list, I'm pretty confident you'll choose correctly. Let's give it a go:

1. Deep fried chicken
2. Tomato & lettuce
3. Fruit
4. Donuts
5. Eggs
6. Steak
7. Cola

So, a very simple question of "why do we love donuts, deep fried chicken and cola?" I hear you scream out, they're tasty, easy to buy, I just love 'em". Why don't we eat enough fruit, tomato and lettuce etc? I hear you scream out, "they're boring and they don't taste any good".

So if we know what's good and bad for us, we just need to change or switch foods, right?

Well, the best answer is yes, if you can do that, the world would be super healthy, we would all live to 200 and we would eliminate hundreds of diseases and there would be no life limiting takeaway food places on the planet. A small amount of you are screaming at me now saying "all the tasty food would be wiped out.....oh no, what will I do now?"

It's impossible to eliminate all foods that are not good for you (well, maybe some of you

have done it, but the majority of us love tasty, cooked, delicious foods), so we need to come up with a more sustainable plan to give your body the nutrients it needs and still create a tasty delicious meal without costing us twice as much at the checkout for "specialised healthy foods". Our options are huge. We live in a world that we can literally get anything we want within minutes, some delivered to our door and others we can drive or walk to our local shopping centre and get whatever it is we desire.

So, some tips to help you:

1. Eat at home before you do your weekly grocery shopping, you'll be likely to buy less "not so good foods" and more healthy foods.
2. Have a shopping list of items you need for particular recipes.
3. Look for items that don't contain excessive sugar content
4. Substitute quantity with QUALITY- it's better to have 1 great gourmet pizza with fresh ingredients, than getting 3 cheap, fat filling, grease dripping, highly processed cheesy topping pizzas.
5. Replace cola with a natural fruit juice drink that doesn't contain any added sugars.
6. Drink a glass of water before your meal, this will often make you reduce the amount of food you eat.

Get Interested in FOOD!

Yes, you don't have to state the obvious, everybody needs food, so we're all interested. I mean, instead of sitting on the couch watching everyone else do sport of some kind, it may be a great idea to take the wife or husband, drag the kids in the car and drive to a farm area (usually only about 15klms maximum away from your house) and actually go and taste some fresh produce. Not only will you be supporting local farmers, but you'll be able to taste the difference and really appreciate the flavours of fresh fruit and vegetables. Ask questions of the farmers, I haven't met a farmer yet who is not passionate about the land and the quality of their produce. You'll start to understand that not all fruit and veggies are available 12 months of the year and there are actually seasons in which fruit and veggies are at their best, often saving you heaps of money in the process!

Limiting the amount you eat.

As I said before, quality over quantity. If you eat quality, you'll appreciate the flavours more and take your time in eating, you'll prepare your food with more love and you'll tend to boast to everyone around you how great your food is. Try it! You have nothing to lose except those extra kilos you keep on complaining about to everyone.....they'll welcome the change of hearing about

your great food instead of your whinging and excuses.



Step 4: Goals

Everyone has heard of goals, however if you haven't, it's simply, what you want.

So write down 3 goals. Most people would write something like, I want to lose weight, I want to have a great life, I want to have a great partner etc.

That's great that you want those things, but most people who write goals in this way very rarely achieve them.

So a better version of creating goals is using the acronym S.M.A.R.T goals. S is for specific, M for measurable, A for achievable, R for results and T for Timeframe.

Let's make a real goal using this method and see the difference:

Goal: I want to lose weight.

Specific: I need to lose 5cm off my waist so I can fit into my size 6 jeans to show off my butt.

Measurable: I currently have a 37cm waist which I need to get to 32cm.

Achievable: can be achieved by substituting fatty potato chips with a delicious salad quite easily.

Results: I can measure my results using a tape measure and by fitting into my special jeans.

Timeframe: I need to lose 5cm by October 31, ready for my dance party, that's only 1cm every week from now.

Overall: if I have more salad with my meals, go to 2 fitness classes each week at ZOEFit, walk 2 days a week to get milk, I can lose 5 cm off my waist so I can fit into my size 6 jeans and look great for my dance party by October 31.

Do you see the difference? Which one are you more likely to achieve?

Now, the secret ingredients!

1. WRITE it down, look at it twice a day!
2. Stick your goals on your fridge or your bathroom mirror.
3. Put a before picture of yourself on the fridge (one that you look miserable)
4. When you achieve your goal, put an AFTER picture on the fridge (one that you look AMAZING)
5. Reward yourself by going out to a movie, show or a special picnic with your love one/s.

Goals are amazing, for both personal and business. It will be astounding to you when



you achieve what you set out to do. You'll write down goals for different areas of your life; thing goals- cars, boats, furniture, love goals, family goals, financial goals and work or no work goals.

This is a basic form of self motivation, no 2 people are really the same and everyone wants something different. So if you use the SMART GOAL system, you'll get there quicker and easier than ever before. Write it down, follow your progress and reward yourself and reflect on the great work you've done. Good luck, however you won't need it, you just need a clear path to what you believe will be great in your life.....all the things you WANT. Could you imagine if you got everything you wanted simply by setting **SMART GOALS**?

Try it! I think you'll be pleasantly surprised.

Step 5: Community & Rewards

One of the best things about fitness programmes, gyms and the like, is that you are surrounded by like minded people, a community of well wishers.....some highly motivated, some just to have some exercise and movement in their life, some wanting to do great but feel they'll "never be as good as someone else". It's so important to surround yourself with people who are supportive of your endeavours, not only when it comes to fun exercise, but also in relationships, friendships and business. Could you imagine, everything you do you get no support.....so why would you go somewhere that doesn't give you support?

It's proven time and time again, if you surround yourself with positive and supportive people, that's exactly who you turn into.....positive and supportive! I don't know about you, however I love to be around positive and supportive people. Could you imagine being around the opposite or maybe you're living in that reality. No support, everyone complaining about everything, whinging, everyone else's fault except theirs, negativity by the truck load. Get the crap out of your life and start surrounding yourself with positive, energetic and supportive people. I hope you're not one of the negative people.....if you are, snap out of it, no one wants to be around that and you'll find yourself friendless and all alone or worse still, you'll be in a group that is negative and constantly complaining. Find a great place that offers you support, has great events to go along to, offers great programmes and has great people.

You can also find a place that offers rewards!

Rewards are great, it creates milestones along your journey and makes you realise you've done a great job so far. Just remember, it's a journey worth taking, so make the journey a great one, do great and be great and the rewards will be there. In summary, you are the master of your own destiny and I hope you can use some of the tools to being the best you! Create your pleasure set, combine it with fun exercise or movement, take an interest in food and how great fresh food is, set your SMART goals and involve yourself with like minded people who care and want to live a great life!

By Phillip Bouwman Co-Owner of ZOEFit.