

BE STRONG

Eat.Move.Live

THE KNOWLEDGE

HOW TO GET A MINDSET FOR SUCCESS

When you force yourself to step outside of your comfort zone into 'optimal anxiety', it can have dramatic effects on your mindset – switching on your drive, determination and motivation. Giving you the focus to make sacrifices and commit to new routines and breaking bad habits. All the qualities that we think you need to be successful not just at Be Strong but in life too!

This week we want to encourage you to be brave and choose to put yourself into 'optimal anxiety' because ultimately the results are phenomenal.

Both Rick and Rach use optimal anxiety to ensure they perform, choosing physical challenges that scare them, and where failure isn't an option. By doing this they stick to training and nutrition programs to ensure they are the best they can be for event day.

USING OPTIMAL ANXIETY

- 1 Pick a challenge that scares you enough to prompt you into action.** Make a commitment to someone or something that means a lot to you, and will ensure that you don't let them down. It could be a person, a group of people, or a charity, or even just a public declaration on social media.
- 2 Use past experience** to remind yourself that you have stuck to plans before, and you are capable of working hard to achieve your goals.
- 3 Use people in your network** to ask for advice and guidance, maybe even to commit to the challenge with you! Who do you know what has done similar challenges? What did their plan look like? What were their pitfalls and how did they navigate these? Gather as much information on your chosen challenge or goal as possible and put yourself to work.
- 4** If you fall down (which we inevitably do!) **get up quick**, and keep getting up until you get to your goal.
- 5 Be proud** of every step you take towards your goal! Tell the world, show off about it! It acts as a great motivator. Let your challenge consume you!
- 6 Be persistent!** Even when things are sent to try you, when friends try to sway you off track (albeit with the best intentions) stick to your guns. It is the only way that you will succeed.
- 7 Unlock your potential!** With every step you take towards your goal, every challenge you undertake and achieve you are unlocking your true potential. You are finding out what you are really capable of, mentally and physically.

What would put you into optimal anxiety?

What have you always wanted to do that scares you a little?

Have you got a physical or mental challenge that you know will absolutely focus your mind and get you in the zone?

What's stopping you from committing?

If it's the thought of failing, then our advice is to commit to that challenge and grow into the person who is strong enough and fit enough to complete it.

Use optimal anxiety to fuel your commitment, motivation, dedication and sacrifice to achieve your ultimate goals.

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