

LARISSA LYONS TRAINING

Mindset Guide



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MINDSET

Mindset training is absolutely crucial – it applies to every aspect of your life, including your health & fitness journey.

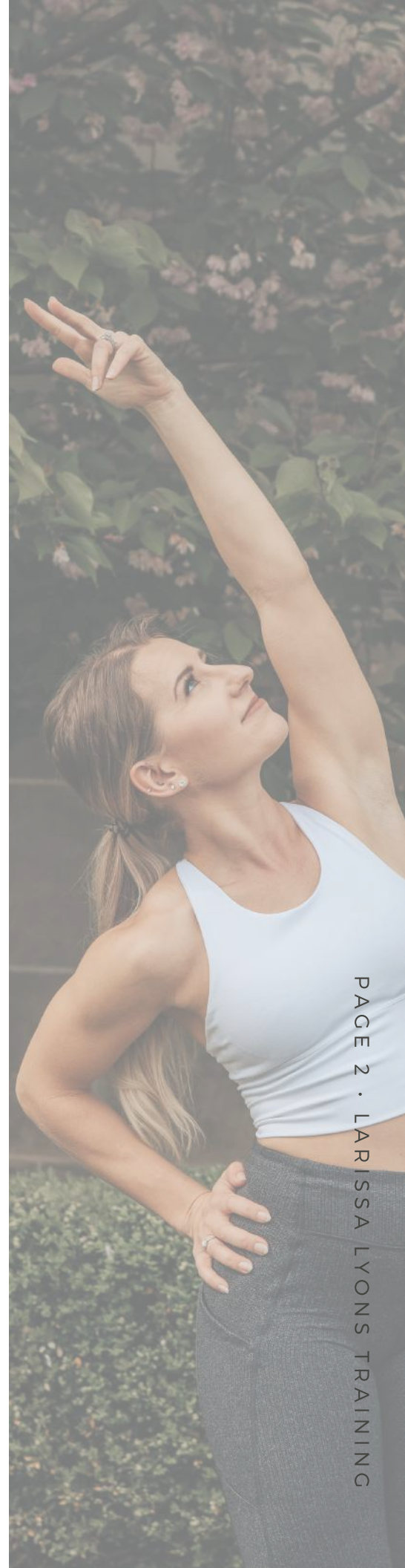
Why is a healthy mind so important?

- A distracted, self-loathing mindset often leaves you feeling unmotivated & exhausted.
- The state of your mind affects your *physical health*. A negative mindset often causes stress & anxiety. While stress & anxiety are normal emotions, chronic stress & anxiety can lead to irritability, depression, headaches, panic attacks, breathing problems, stomach pains, loss of libido, fatigue, and increased blood pressure, among other things.

HOW TO BEGIN?

Create a morning routine or *ritual* you love to begin your day.

Hint: start small. If you add a bunch of things to your routine at once, you may become overwhelmed and throw it all out the door!



We're going to talk about gratefulness, goal setting, affirmations, visualizations, and meditation.

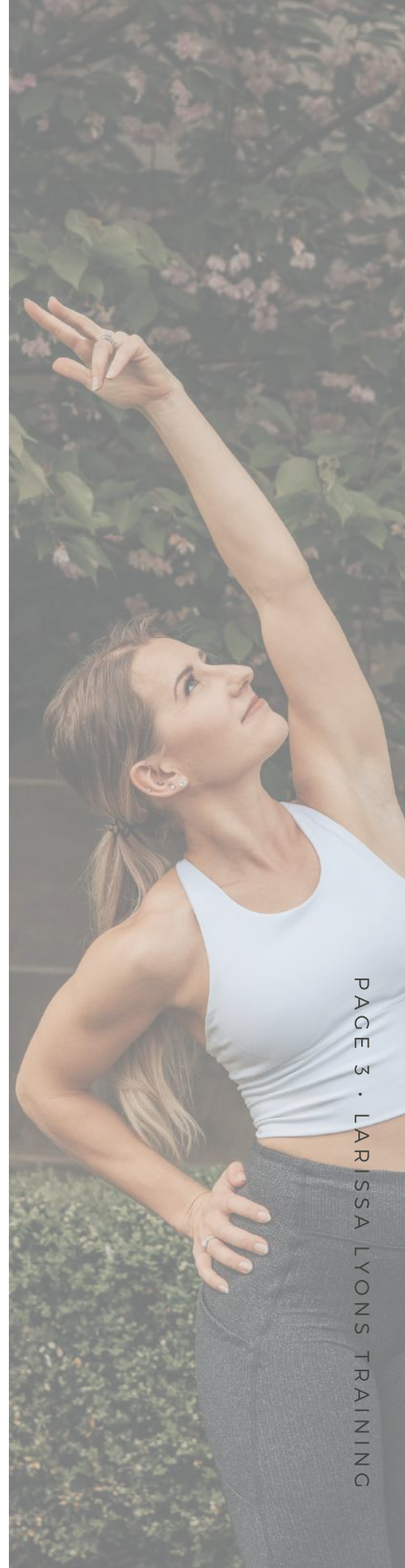
These are the tools that have worked for me. You may find that other mindset tools serve you as well, but let's start with these, and we can explore others in your personalized program!

Add them to your routine in any order you like, *little by little*. Be patient with yourself. If you miss a day, don't worry. Try it again the next day.

The goal of this mindset training is to begin recognizing the *ego* that is programmed into your subconscious mind - it's what tells you that you can't achieve those big goals, gives you all the excuses, and brings up all those irrational fears.

When you begin to recognize the ego, you can learn to trust yourself, your *soul*, rather than the ego. Your soul knows that you can achieve what you put your mind to, knows that you are limitless, and absolutely capable.

You can be your ultimate cheerleader, your biggest motivator, your most loyal supporter.



And trust me. I know some people think that mindset and journaling and all of it is hoodoo voodoo, but I promise it really works. Top athletes are affirming and visualizing and meditating to get to where they are. The differences these tools can make in your life is incredible.

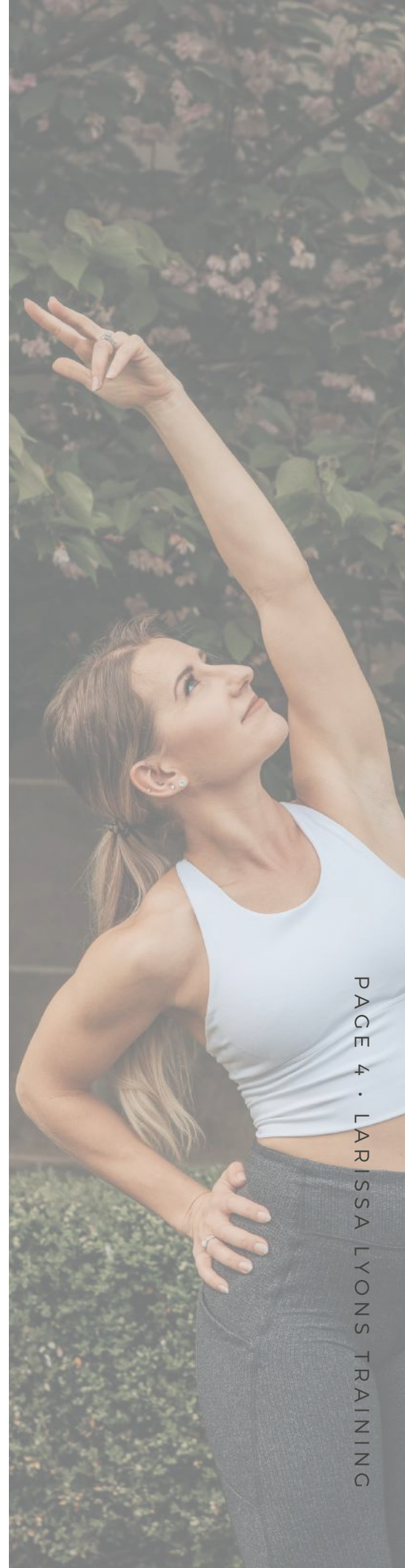
Let's begin. Grab your journal. Remember, you can start gradually with these. You don't need to jump full-in with journaling right off the bat – start with something that's doable for you right now!

Try one or two of these every day for a week and add more as you feel comfortable.

GRATITUDE

Cultivating a grateful mindset helps you recognize the ways in which life supports us. Start by making a conscious decision to become more grateful. Write down the moments and experiences and people and things that enrich your life. Be detailed about a few things rather than jotting down a long list.

Get personal – feeling grateful for people is more beneficial than being grateful for material things. And finally, don't overdo it – studies have shown that writing once or twice per week is more beneficial than daily gratitude journaling.



GOALS

They don't have to be crazy, but setting up your intentions for the day lets you make conscious decisions throughout the day. If you have goals and plans, you'll take more steps throughout the day to achieve those goals.

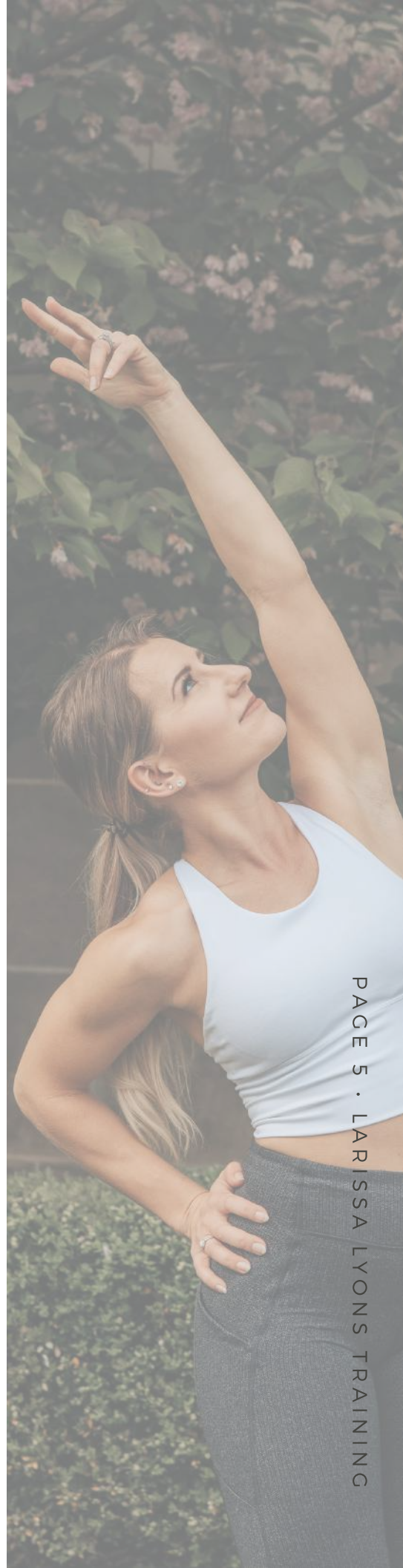
I recommend planning the time of your workout the day before. Set that intention! Then during your morning ritual, write out "workout at 9 AM" and then you can visualize how you're feeling after that awesome workout! (Keep reading for visualization!)

You can also write out why you want to accomplish each goal so you can tap into the deeper motivation and reason for wanting to get that thing done today.

Again, be patient and realistic with yourself. Don't write out a million things that "need" done that definitely aren't getting done today! This isn't your to-do list. This is intentional goal-setting.

These could be things like:

- Be mindful of what I eat today.
- Meditate for 5 minutes.
- Replace a negative affirmation that I often give myself with a positive affirmation.

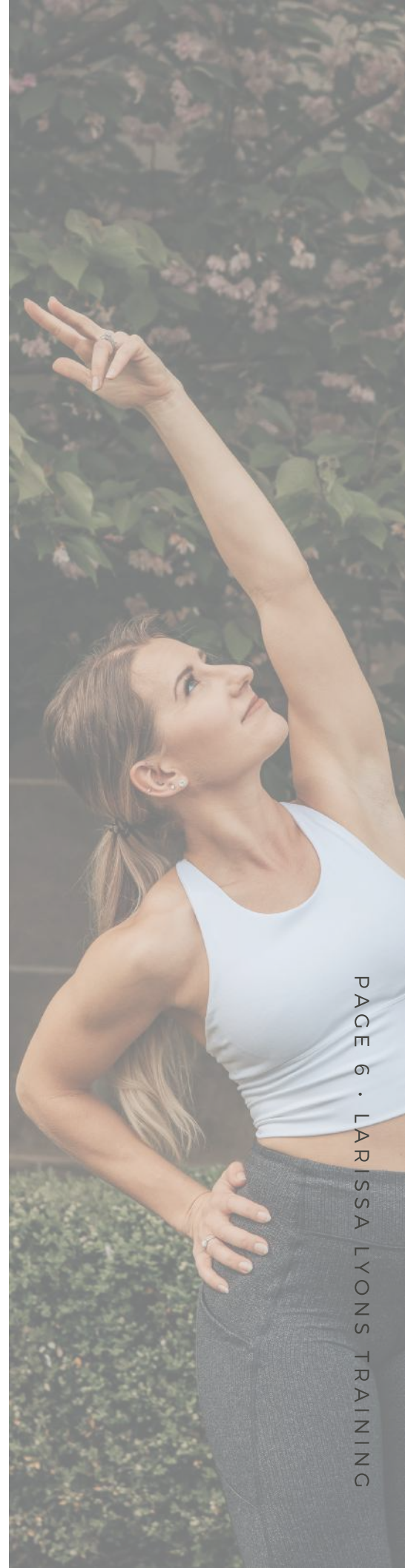


THE MOTIVATION BEHIND YOUR GOALS

So you've got goals. Now we're gonna get more into the nitty gritty of them. Think about New Years Resolutions. We all come up with a million ways that we could be better. One that we all hear a lot is: get into shape. This is such a common goal, yet most of the people with this goal don't stick to it long-term, much like other common New Years Resolutions.

The problem with these goals is that a lot of them come from a place of *self-loathing*. There's hostility and judgement behind the motivations. Intentions arising out of deficiency, inadequacy, and shame is not motivating. These are the subtle aggressions of self-improvement that we place upon ourselves. Goals made out of these intentions are incredibly difficult to maintain long-term.

I want to help you stick to this long-term. If this hasn't been a problem for you, but you don't really feel good about exercising or you don't like it that much and you just do it because you feel like you have to... this is for you too. We can strive for self-improvement without the self-loathing. We can want to change our bodies and love them at the same time.

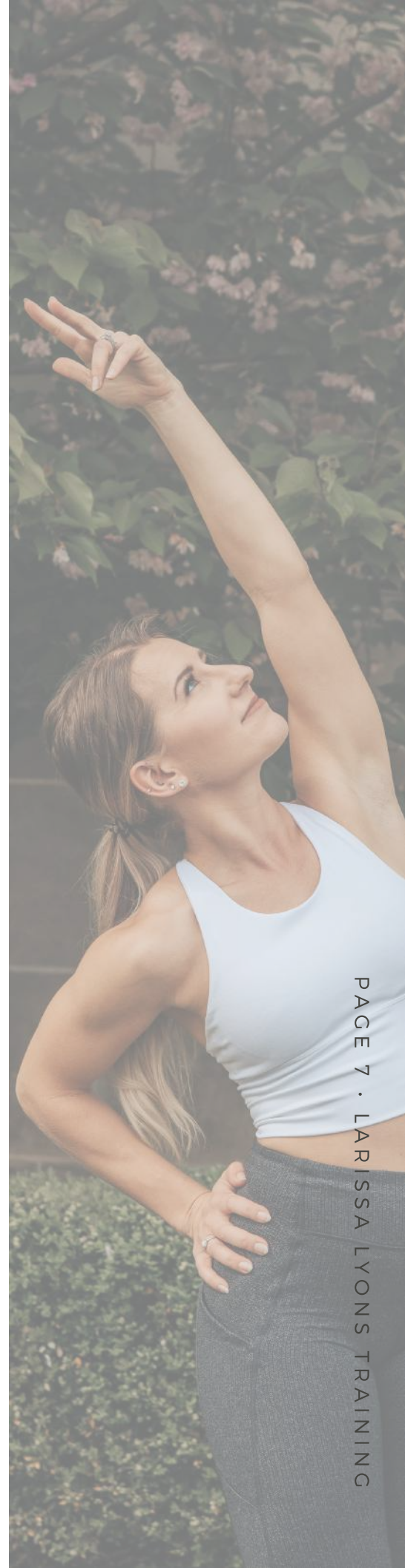


Commit to this based on love for yourself and your body. Be done with shaming yourself. If you commit to something based on love, it's actually more motivating – meaning you are more likely to stick with it for the long run. Let your goals be made from your core values; something that truly resonates with you. Maybe you want to feel the amazing energy of being your healthiest self, or perhaps you want to be around longer for your kids. In this way, you will be living closer to your core values and caring for yourself in the deepest way.

LOVING KINDNESS AND SELF-COMPASSION

We need to make room for self-compassion, rather than self-loathing, shaming, and guilt-tripping ourselves. Like life, your fitness journey won't always be pleasant. That's okay. Observe those feelings; soften the areas around this that you've hardened.

Loving-kindness meditation and self-compassion are useful tools to cultivate an intention to love yourself. Use an app like Insight Timer for guided loving-kindness meditations. This practice includes repeating phrases to yourself, as well as to people you bring up in your mind: a loved one, a neutral person, someone you may not be very fond of, or all living beings. You might imagine someone who deeply loves you, saying these phrases to you.

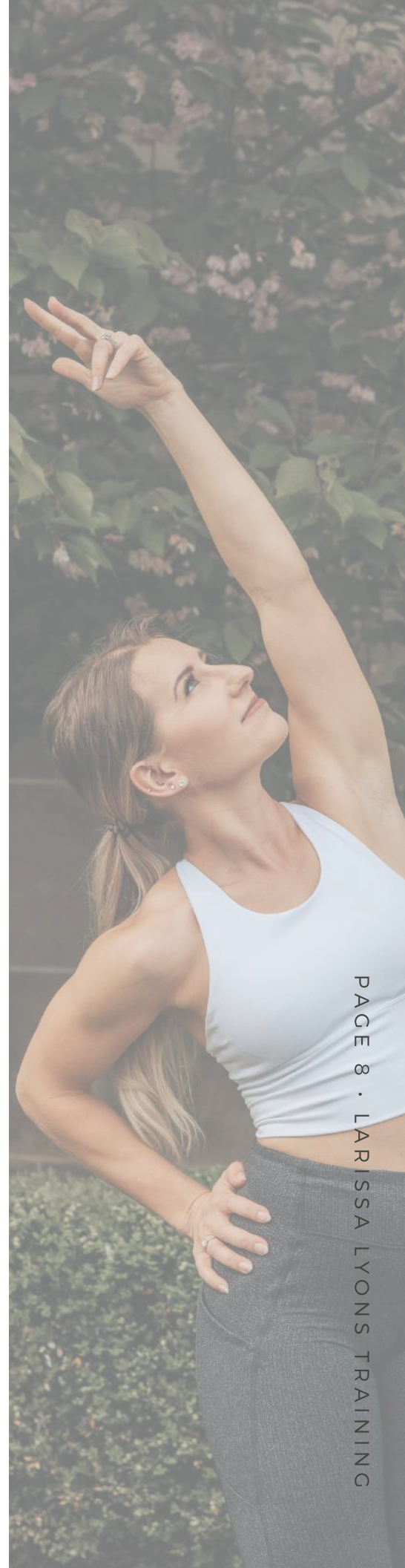


Examples of phrases are, “May I live with ease, may I be happy, may I be free of pain, may I be safe, may I be healthy.” Similar phrases are said for the other populations of people you may picture in your mind. Does this sound cheesy? It might feel like it at first. But challenge yourself! Feel this love for yourself and others. Maybe you do not feel particularly worthy or deserving of this love. But you are loved, worthy, and deserving. Allow your heart to bathe in these feelings.

Another method you may try is writing out your journey around this (for example: weight gain, inconsistency, etc.) in the third person. Tell the story of what’s going on with you from a distance. Doing this allows you to include a softness in your story that you don’t really give yourself. It takes you out of the fight with yourself.

Reminder: loving yourself is important for so many reasons. It will increase your motivation, promote long-term fitness habits, and decrease comparison.

Furthermore, your love for movement will flourish as this is being done out of an all-encompassing love for yourself, rather than from a place of self-punishment or judgement. If you don’t form this intention to love yourself, losing weight, getting six-pack abs, and spending an hour a day in the gym will not automatically make you love yourself.



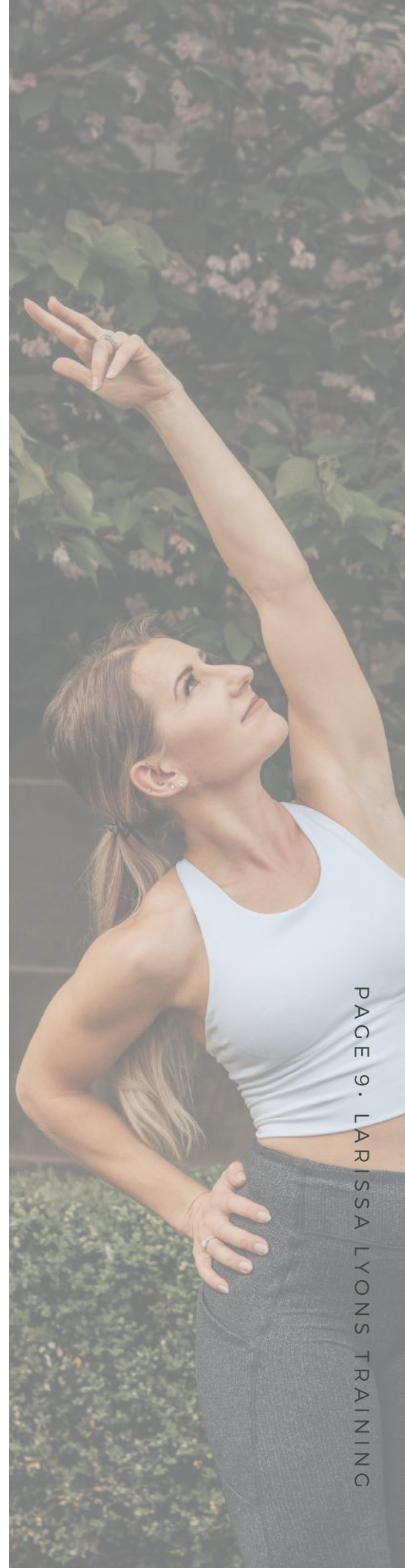
You will have an insatiable thirst to keep improving yourself without end because nothing will be good enough. If you're coming from a place of "lack" (constantly needing more), you'll keep looking for more. Because the thing you're searching for comes from the inside. Your worth and value is already within you. You already have that beautiful light inside of you!

MEDITATION

It takes a lot of practice to know when your mind is going around in circles without you realizing it. This is where meditation comes in. Start with 5 minutes every day!

Meditating will help you become aware of what's going on in your head when you're not paying attention. This self-awareness will help you catch when you're beginning to stress or worry over things, or when you're planning excessively, or incessantly rehashing the past, over and over and over again.

Meditation helps you to be *present* in each moment. No, it's not easy - but this is how our brains work. Be patient with yourself. It's okay if you notice your mind drifting 5 million times in 5 minutes - it's totally normal. I recommend the Insight Timer app to follow some guided meditations to start.



VISUALIZATION

Get a clear idea of what you want your life to look like. Picture the person you want to be, the life you want to live. If there was nothing holding you back, what would your life be?

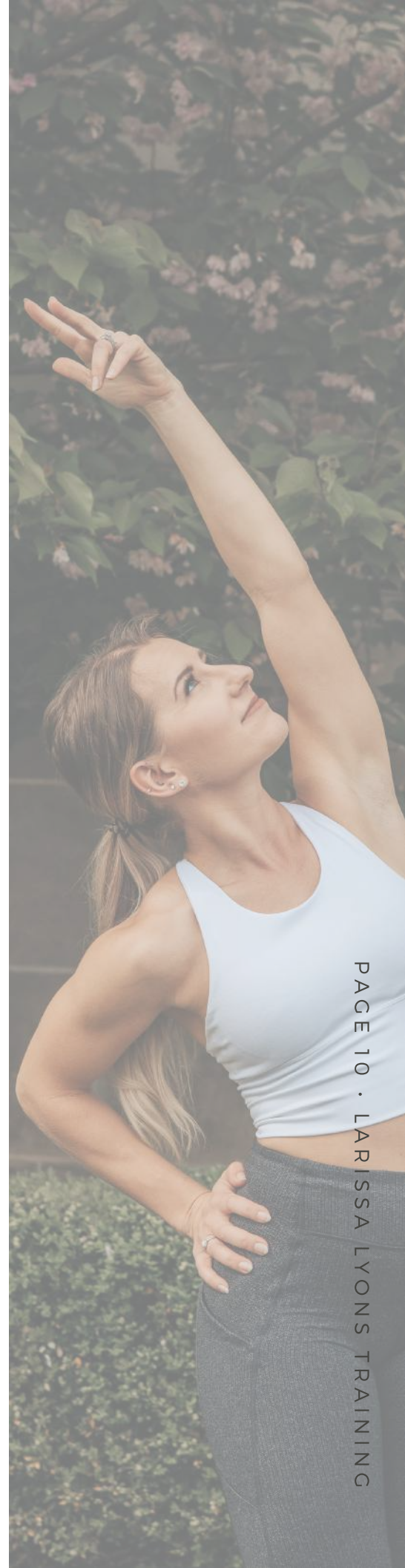
Visualization is a tool used to bring about positive outcomes in your life. Write down a detailed picture of what your life would look like. Write it as if it's in the present moment, close your eyes, feel what it feels like to be in that place. Envision the outcome. Use all six of your senses to really visualize what this life is like. Feel the emotions you would feel.

Incorporate this vision into your goals; what small actions can you do daily or weekly to get you closer to the life you're envisioning?

There will be obstacles when pursuing your goals - visualize yourself facing and overcoming these challenges!

AFFIRMATIONS

Even if you've never heard of affirmations before, you are affirming yourself all the time. Every thought we think, every feeling we feel, every word we speak, every action we take - these are all affirmations! We are constantly affirming and confirming how we feel, think, and do things subconsciously.



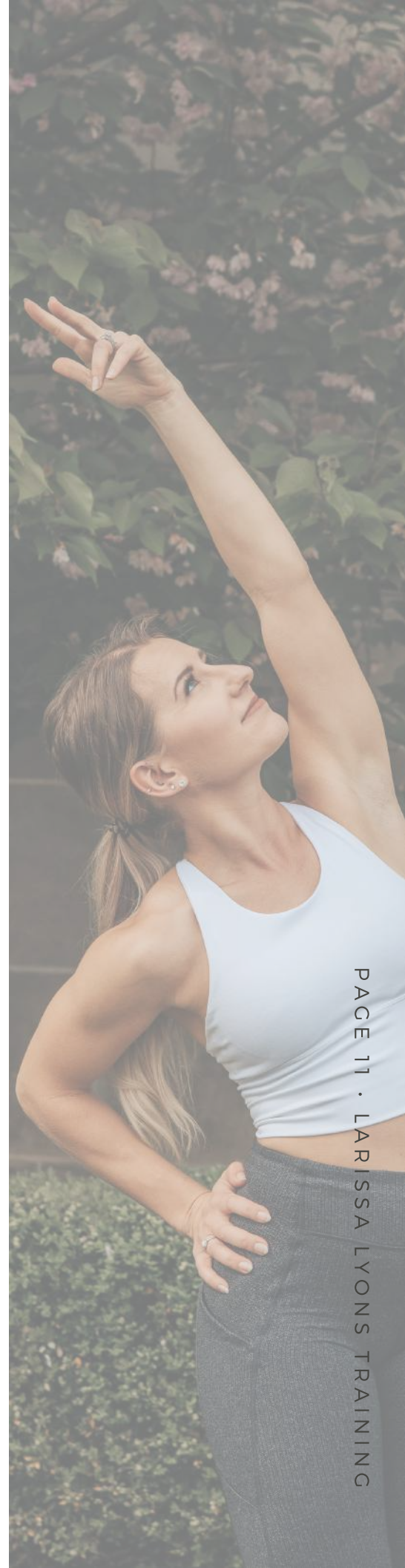
The problem is, most of these thoughts are negative and repetitive. These negative thoughts and feelings (affirmations) then go on to affect our actions and choices that we make every day.

These actions and choices, based on negative affirmations, may not serve us – in fact, they hold us back. For example, when you tell yourself, “I’m so out of shape,” is that motivating to you? Not really. So you continue to “be out of shape” – you make no real effort to change any of those bad habits!

And in fact, telling yourself that you’re out of shape just reinforces the mindset of you being out of shape. You believe you’re out of shape, so you act like you’re out of shape, and you just keep spiraling down.

So we’re going to break this cycle. Write out *positive* affirmations for yourself. As an example, instead of writing, "I am not out of shape," write out, "I am strong." Write as many as you want. Sometimes I write 5 and sometimes I write 20.

Think of your affirmations as soon as you wake up, when you're brushing your teeth and fixing your hair. These will begin to change the way you speak to yourself, and they help you notice how you usually speak to yourself subconsciously.



When you change how you speak to yourself, you change how you feel, which changes your actions and the choices you make.

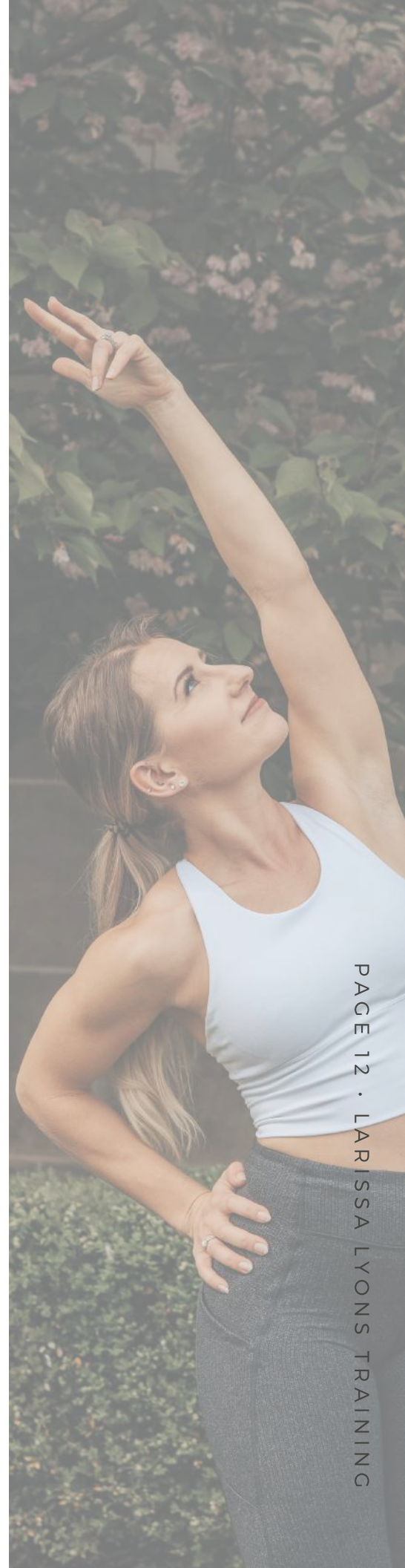
This is HUGE. You really do have the power to set yourself up for an awesome day, feeling like a million bucks!!!

My examples: *I am capable! I am strong! I am consistent! I am hardworking! I am intelligent! I am patient with myself! I am patient with others! I am creative!*

Remember: YOU are your biggest influencer, your biggest cheerleader and motivator. You need to decide to show up for yourself and that means talking to and treating yourself with *love* and *respect*.

No more trash talking the incredible human that you are. If you catch yourself being mean or rude (to yourself!), give yourself a positive affirmation instead.

Would you ever tell someone you love that they suck? You definitely shouldn't. It's totally unhelpful and doesn't serve anyone. And you shouldn't talk to yourself like that either because it's totally unhelpful and doesn't serve YOU.



WHEN LIMITING THOUGHTS POP UP...

When doubts start popping up in your head (thanks to the ego), write a few things down in your journal:

1 - What is my limiting belief or thought?

ex. People will think I look dumb if I do hip thrusts at the gym

2 - Is it true??

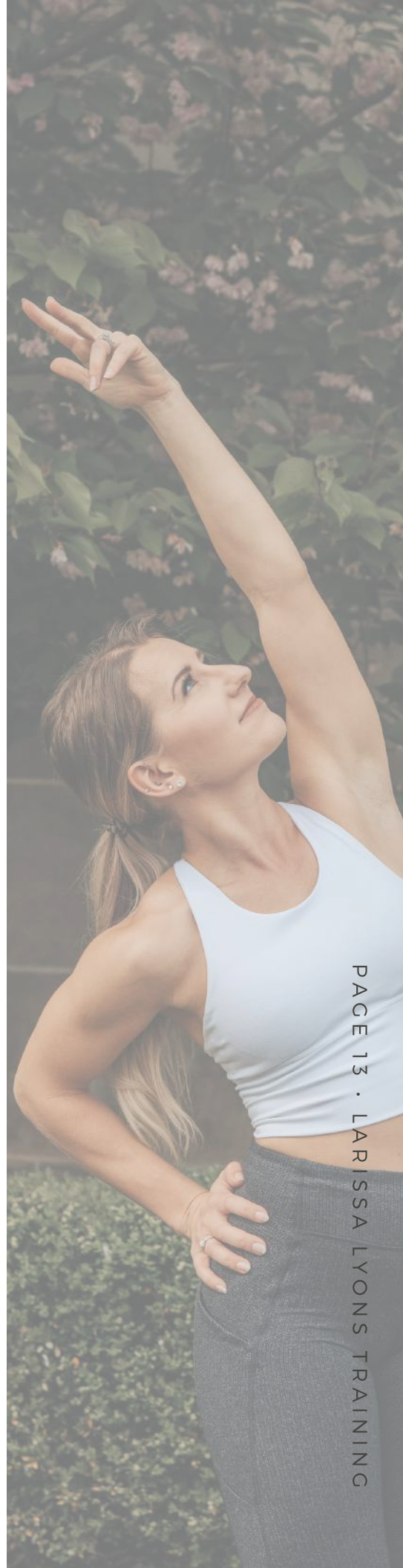
ex. It feels true!

3 - Can I KNOW that it's true??

Ex. well...there are literally a million people in the gym who do this exercise; no one is paying close attention to you in actuality; so no!

4 - Who would I be without that thought?

I guess I'd be getting a good freakin' glute workout!



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