

Thoughts to Change – Kate Walker BOS Trustee

Whatever we want to achieve in life – wealth, dress size, success – ultimately it's our thoughts that determine whether we achieve it or not.

At this point in time, we have more information than ever before on being fit and healthy and achieving our optimum weight. So how is it that today's obesity rates are higher than ever before and rising? Why isn't our knowledge and understanding of how our bodies work achieving the results we want?

The information isn't wrong – it's just not the complete picture. Healthy eating and exercise are the journey but first we need to set the direction. If you travelled down a road and it didn't take you where you wanted, would you keep using that road to get to your destination? Imagine your brain like the navigation system on your car. First it has to be set up correctly to ensure it can take us where we want.

The human brain is an immensely complex organ. While on a conscious level we may want to be slim and healthy, there may be a heap of contradictory messages flying around our unconscious system, unaware to us, that are preventing our brains from putting those conscious desires into practice. The messages in our unconscious may be quite simple – on a conscious level, we want to lose weight, but on a unconscious level we might be telling ourselves "but I never will be. I have tried and failed too many times. I am destined to always be this size". It is actually this unconscious message that overrides our conscious desire and efforts to lose weight

The good news is it is actually relatively easy to change the unconscious's thought patterns and in effect 're-program' our internal navigation systems. There are 5 key steps to effectively making this change:

1. Acknowledge the old phrases and words that you have been using about yourself that no longer serve you. Then write down what it is you are going to be instead.
2. Each time you hear yourself say the old phrases or words correct yourself so that you 'condition in' the new you.
3. Act as if you have already achieved the change. For example, if you moving away from being lazy, do things to prove to yourself you're an active, go-getting person.
4. Write a gratitude diary each day. Write down everything you have been grateful for in that day and things you have done. It can be anything that makes you light up and smile.
5. First thing in the morning, run through your 'new you list' and your gratitude diary so that you start your day feeling great and programming in the new person who you are now.

Whatever it is we want to be, from being slimmer, to being fitter to greater wealth, our thoughts dictate our outcomes. These simple, but effective, steps enable us to make real change happen and achieve the outcomes we want to achieve.