



A Scientifically Proven, Plant-based Diet That's 100%
Guaranteed To Build Muscle, Burn Fat And Completely
Transform Your Life!

MINDSET MANUAL

The Power of Your Mind

So you want to build muscle, get big and strong? Great, but how bad are you willing to work for it?

It all begins with having the right “MINDSET”. And Part of that is having a strong desire to succeed. Without that it will be difficult to sustain the motivation to consistently train over a long period of time.

I would even go so far as to say that you that you **MUST EXERCISE** if you want to live a happy and healthier lifestyle.

While others can debate how healthy a mindset this is, the truth is, you will never hear highly motivated people say things like, “I really want to get in shape but If I’d don’t then it’s no big deal”. This is one of the biggest mistakes people make. They want to improve their body but they are not willing work hard for it.

This is why so few people reach their fitness goals. When January comes along most gyms will be jam packed but come February or March people lose motivation and stop working out. But only the committed ones will stick around for the long term will eventually get the body of their dreams. You will rarely ever hear a fitness freak make dumb excuses to skip the gym.

We’ve all heard stories of people who started out poor or homeless who became rich and successful, because they stayed committed and inspired and had faith in their abilities.

It goes to show that getting everything you desire in life comes down to having a firm belief that you can if you think you can.

If you believe in the law of attraction like I do, then you will know that the human mind is a powerful tool for manifesting the things that you want.

W Clement Stone Once Said...

“Whatever the Mind can Conceive, The Mind Can Achieve”

Follow the steps below to reach your fitness goals.

ASK

The first step is to be very clear about the kind of physique or fitness level you want and why?

BELIEVE

If you want to reach your desired fitness goal, you need to BELIEVE that all your efforts will pay off in the long run. In the beginning this can be tough because it takes weeks or months to get the results you want. This is when you need to use the power of belief. You do this by visualising and affirming as if you already have it. See, feel and believe it in your minds-eye. Get excited about your goal. Every time you hit the gym, train like a pro bodybuilder would.

RECEIVE

Apply these steps daily and it will bring you closer to reaching your goals. Dream big, get excited, act as if you already have it and Take action. Do this often enough and before you know it you will have the body of your dreams.

To make this easier for you, grab a pen and a piece of paper and draw a 2 column box like the one below. In one column, write your top 3 goals. In the second column, jot down the reasons you want to reach those goals.

Here are some examples:

My Goals	Reason For Setting this Goals Is:
I want to Lose 3 inches from my waistline	I want to feel more confident and look good in my clothes
I want to get 6 pack abs in 30 days	If I had a six pack I would feel more confident and I wouldn't feel self-conscious about taking your shirt off at the beach.
I want to gain up to 10 pounds of lean muscle in 8 weeks	You will get a lot of positive attention from friends and family and it will give you the motivation and confidence to continue train to get even better results.
If I were to reach only one of these goals, It would be:	The reason is because.....

It's important that you make your goals specific and your reason for achieving them. Instead of just saying, I want to build muscle or lose fat, you are specifying exactly how much you want to gain or lose.

Be very clear about your goals. I would even go so far as to think of all the benefits of having a lean muscular and healthy physique. These are the things that will give you the confidence to keep going.

Think of all the things that frustrate you and this should give you a compelling enough reason for you to take action and change.

Make a conscious decision to change the way you look, feel, think, and act. First you must change your thinking, then your body. It must be in that order.

Now that you know what you want and why you want it, below are some specific strategies that will help you along your fitness journey to get the body you deserve.

Set Short Time Frames

Whether it's doing a contest or just wanting to look your best for a vacation or photo shoot, having a deadline is important. Set that deadline date and lay your plan out and work toward that date. That's probably the most powerful tool to motivate you in that direction."

You see, procrastination is one of our greatest enemies. If we don't take action on something immediately, particularly something that entails significant effort, we will forget about it and move on to something else.

One of the best ways to overcome procrastination is to set shorter deadlines, such as "In 10 weeks time I will have six pack abs". By setting shorter time frames you create a sense of urgency. When urgency becomes your friend it stirs you to take action fast.

Create a Vision Board For Your Fitness Goals

Now you have probably heard about the advantages of creating a vision board and how it can empower you to manifest the life you want to experience.

So what exactly is a vision board then? It's basically a collage of images, pictures and affirmations of your dreams and desires, designed to serve as a source of inspiration and motivation to achieve your goals.

Step 1: What Does Your Dream Body Look Like?

BE VERY SPECIFIC



LEAN & CUT

RIPPED ATHLETIC

NATURAL & FIT

BUILT

BEAST MODE

WRITE YOUR GOAL IN THE PRESENT TENSE

What is your specific goal right now, and in what time frame will you achieve it?

EG. I AM GOING TO... Don't write "I want to..." This will set up your subconscious for success!

Step 2: Find A Picture of Your Ideal Body Type

Have you ever seen somebody online or in real life, who has the kind of body you would like to resemble. For me, Greg Plit is one of them. He had one of the most impressive physiques I've ever seen. His kind of physique can be achieved naturally (without dangerous supplements or steroids). He's not one of these huge body-building guys and he had the lean physique that I want to achieve.

What is it that you guys want to look like? Who do you aspire to look like?

Once you have found the kind of physique you want, print it off put it somewhere you can see it every single day. (on your fridge, bedroom mirror).

If you are a female, maybe you aspire to get a body to look like, Professional Bodybuilder Natalie Matthews.



She has done big things in the world of vegan bodybuilding and she looks great. On top of that she is a natural bodybuilder.

Everyone has different goals and desires on how they want to look so find the kind of physique you want to resemble and keep it close by. Keep that physique in mind at all times and eat, train and discipline yourself until you achieve it. You can do this in a word document or even install a vision board app such as VISUAPP or Visualife.

Step 3: Write Inspirational and Inspiring Words

In addition to finding the ideal body type you wish to resemble, you should also write down inspirational word quotations and any other thoughts that inspire you to take action on your goals.

For example use affirmations such as “By March 10th 2019 I will have gained 25lbs of Lean Muscle And I will have 5% body fat.

Read your written GOAL aloud, twice a day, before you go to bed and and when you wake in the morning.

As you continue to affirm your goal and take action regularly, you have already set yourself up for success and before you know it you will achieve the body of your dreams.

Take Photos To Track Your Progress

We're all visual creatures so by taking photos of ourselves is great for stimulating our emotions. If you were in better shape previously. put those photos somewhere you will see them everyday. This is a great way of reminding yourself if you looked like that before you will have no problem looking that way again.

To keep you inspired and motivated, every month or so you could take photos (preferably in the same lighting and position).

This will be a constant reminder on the progress you are making or alert you to the lack of progress that needs to be addressed.



**MENTAL PREPERATION, GOAL SETTING, TAKING PHOTOS TO REMIND YOUR-
SELF OF HOW FAR YOU'VE COME AND CREATING A VISION IS THE BEST WAY
TO PROGRAM YOURSELF FOR SUCCESS!**