

3HEALTHS

THOUGHTS | EATING | MOVEMENT

1. HEALTHY THOUGHTS

Behind
this door
are my
thoughts!

I hope they
help you.

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POSITIVITY OF SELF

I come across a lot of people that have low self esteem. Faith in their ability to be successful also low. This can make setting goals more difficult.

Why? because if their 'Positivity of Self' is low they struggle to place themselves high on their priority list. When this happens goals have little chance of being achieved and most of the day is focused on completing other tasks. Leaving little or no time/energy for activities that help them move closer towards achieving their personal goals.

But why is it important to work on stuff that is about you?

My experience has taught me that when your own goals and priorities are continually set aside for those of others (family, work, friends) you eventually end up in conflict with who you are. You forget who you were before you became a mother/father, wife/husband, busy worker. You enter a state of conflict with yourself which is a negative place to be.

For me, this is why your goals are important. Not just having them, actively working towards them by setting aside time for planning and doing. Neglecting this can often sabotage positivity of self, crush confidence and stop progress.

So be positive about yourself. How can you afford not to be?



VALUES. WHAT ARE YOURS?

Life has values. Some shared culturally. Some become greater than others as we grow. But we can often lose them in a jumble of what everyone else talks about as being important. For example when we love someone it is easy to adopt their values and possibly lose sight of our own.

When is the last time you actually took notice of what is heart felt important to you? If not for a long time can I suggest you do it now. Pause reading, grab a pad, a pen and write a list. Look at this list every day for the next 7 days. Try to whittle your list to 2-3 items over the week. This task gets you closer to understanding what is important to you. It helps to focus on behaviour that promotes 'self first'.

'Self first' is a way of being strong enough to care for others. For me if I am in a stable and happy state with less frustration, stress and anxiety I am more capable of dealing with the needs of others.

One more thought I believe. When you talk to yourself try not to be negative. You are worthy of a pat on the back. You are worthy of a personal Thank You.



MOTIVATIONAL PLAYBACK.

What did you achieve yesterday? Last week? Since you last set your goals? Motivational playback is a term I use for becoming conscious of positive actions and outcomes. It is a task that uses conversation and journaling to recognise your successes.

With someone you trust or on your own sit down and take time to chat/write about what you did well over the last week/month. Playback the feeling of achievement, the moment you were a super hero, staying positive amongst the sugar hitting the fan! Anything that didn't have such a great outcome keep working on it.

Healthy thoughts are more likely to lead to healthy choices and actions. So when you reflect with motivational playback be honest and stay positive.



BAD MONKEY

I am fully aware that there are no monkeys sitting anywhere but often I have conversations with two wee monkeys sitting on my shoulders. This image helps me understand that there is always more than one choice. At times the bad monkey is saying "hey its only one chocolate bar" or on another day "this run is hard, just stop". Sometimes they have a debate but nearly all of the time I listen to the good monkey.

Here is the spoiler that voice is you. Sometimes we are looking for the easier option, more pleasurable option. Many times these are the comfortable options we have gotten used to, maybe even grown up with. These internal voices help to form habits over time.

But if you listen to the good monkey you can change.

Through motivational playback you will start to notice negative patterns and their triggers. Which is a positive. Why? Because if you can recognise the triggers you can work at avoiding the negative habits or learn to replace with a new positive behaviour.

I love monkeys even the wee cheeky ones whispering in my ears. I just ignore that bad monkey. This is easier because I have learnt when they are more likely to speak to me!



ENJOY THE EFFORT

Every goal needs effort. That extra bit of positive GRRRRRR that helps you achieve. Who you choose to be, what you choose to do, when you set the bar higher. All this stems from a choice you make to change.

What becomes exciting is when you notice the result of your effort. You see things changing, goals getting closer, improvements happening and being recognised.

Part of reaching this stage of change is learning to 'enjoy the effort'. Mostly what we are trying to achieve requires a lifetime commitment especially if it is related to health, wellness and fitness. Challenge your ability. Learn new skills. Lift heavier weights. Run further and maybe faster. Become healthier through healthy eating.

Try not to fear what is new. This can often ignite the bad monkey. Accept being nervous, give it a go. One foot in front of the other, each step making progress because every step is a positive move.

Healthy thoughts overcoming bad monkey chit chat will lead to positive behaviours and newly formed habits. But its always easier when you learn to 'Enjoy the Effort'.



CONFIDENCE & RESULTS

Everybody can try.
Everybody has worth.
Everybody can get results.

We all need the confidence to try.
We all need to recognise that positivity of self is important.

If tomorrow is coming it means today is nearly gone and yesterday is a memory. There is always going to be something negative in our memories. But if memories and experience guided our thoughts yesterday, remember that day is gone. Plan and act today for every tomorrow is today!

Be confident, plan, take action, get results.

I believe we all feel like we can't sometimes. But if the desire to achieve something is strong enough, important enough you should at least try.



Every time you try there is a chance you may not succeed but what chance do you have if you don't try. Ask yourself that then do it and enjoy the effort.



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