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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Improve Your Self Image - Improve Your Body Shape

By Cheryl Haining

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How you see yourself and feel about yourself is vital to your success and happiness. You can achieve your desired goals with the right tools. A regular mental workout will keep your self–image in shape.

Self Image

This is a generally neglected area in people's life. It is closely connected to the success or failure of any undertaking. Self–image is your true opinion of yourself. A personal account of who you are, visually, mentally and physically. Most of us do not work on our self–image. We battle against it, disbelieving and ignoring its existence. History repeats itself when we do not attend to the needs of our self–image. Learn how to improve your self–image by putting the following steps into practice. When you apply these principles on a daily basis you will see amazing results.

Self–diagnosis

Make a list of all the negative thoughts you have about yourself. Things like "I always eat `bad foods', my life is always a mess, I procrastinate, I am no good at this, what if it doesn't work?" etc. When you have finished write another list including everything you like about yourself. Make this list longer than the first. Only use positive language. "I am a good listener, I dress well, I understand nutrition, I am always on time" etc. Now take every item on your negative list and create its positive opposite. "I always eat bad foods" becomes "I can choose to eat healthy foods". This new list becomes your active List for Improvement. This is a very important step. The brain will accept as true all the information you feed it.

Decide on your new Self Image

Now that you have an improvement list, create a new image for yourself. Regularly visualize yourself doing and being everything on your list. Vividly depict the areas of your life you are changing or improving. When you go to bed at night spend 5–10 minutes watching the new you. You may be thinner, have a great body shape, very fit, fantastic friends and social life. These mental images retrain your self–image and reinforce your desires. The brain doesn't know the difference between what is real and what is vividly imagined. You can turn your desired images into reality. Decide you want a new

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image and get busy mentally creating it.

Focus on success.

Keep a daily diary listing all your successes. As you progress the number of entries will grow. Your self-image will strengthen and mirror your list of improvements, giving positive reinforcement to the new you.

Work in the Present

Many people dwell on past mistakes or worry about the future. NOW is the only moment you can control. Chris Widener says that time is more important than money. We can always make more money, but we can never make more time. You can move forward at a much faster pace if you concentrate on what you can achieve now.

Have a Life Plan

There are numerous cd's and books devoted to the importance of goal setting and how to accomplish it. If you don't have at least one I suggest you start buying NOW.

Make your plan in three sections

How I want to be. Write your list here and add a date when you will achieve each item.

What I want to have. Write a list of things you want to acquire, include photos, and put down the date you intend to have them.

What I need to do. Here write the plan of how you will achieve the above.

This is goal setting. Ensure your goals are genuine desires, realistic and well defined.

Affirmations

"Every day in Every way I am getting Better and Better".

Busy people don't have time to reinforce their self-image countless times a day. Even though this is the fastest way to rejuvenate self-image. So have flash cards with you, on your desk, in the car, bathroom, next to the bed. Use short affirmations to trigger positive images in your mind.

Set aside time each day to work on your self-development. With a positive self-image your strength will grow and your weaknesses diminish. Following the above simple steps involves self-discipline and a desire to achieve success in life. Be focused and your self-image and business will soar.

Cheryl Haining has a successful home business. She is a skin care, body shape and nutrition coach. She has her own successful business. Her mission statement is to ensure everyone reaches his or her optimum body shape, size and condition. Contact Cheryl at www.uloseweight.net or email her at cherhaining@yahoo.com.au

To learn how to create an income stream from your home that will replace your job and develop true financial freedom visit:

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S.M.A.R.T Goals @ Body Perfect Fitness and Health

By Robert Adams

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S– Specific– Please make sure you know exactly what you are trying to accomplish. Lose 20 pounds, Get body fat % to 16%, etc.

M– Measurable– How are you going to track it. A scale, a tape measure, or a special instrument. Also keep in mind how often as well. Daily, weekly, etc.

A– Acceptable– Does it make sense?

R– Realistic– Can you reach this goal in the time you set in the amount you want. Like losing 20 pounds in a week. Don't set yourself up for failure.

T– Timed– Put it on your calendar. How long is it going to take you. Make sure you do not put to short of a time line on this one either.

So remember keep it S.M.A.R.T and keep it in print, and keep it close and in constant sight and your odds are bound to improve.

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helping improve everyone's overall

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improve your life and find your happiness. Only 9.95Seven ways to improve your life and find your happiness.

Robert Adams holds an Associates Degree in Culinary Arts from the Culinary Institute of America, is a Certified Coach in Coaching for Personal Development as well Interaction Management, is a member of NESTA– National Endurance Sports Trainers Association, and lives a healthy lifestyle through his Body Perfect Fitness philosophy of healthy eating and fitness focus.

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Setting Body Perfect Fitness Goals for the New Year
From Average to an Above Average Person
The History of Pilates

101 tips to stay fit and live longer.
How To Improve Blood Circulation
Copywriting Crash Course
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