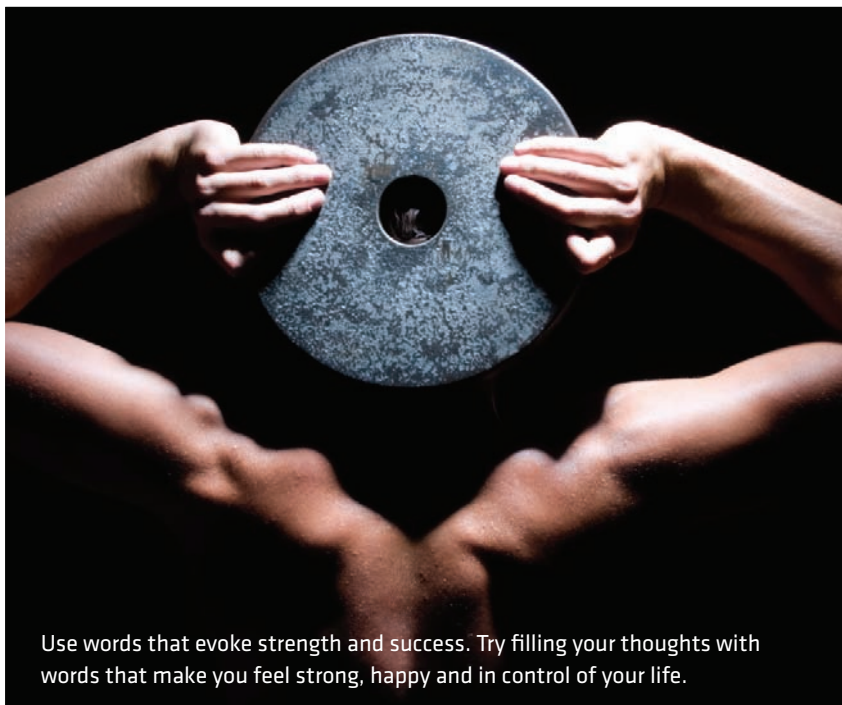


Exercising Your Mind!

Use These Tips To Create The Body You've Always Wanted

By Frank Sepe



Use words that evoke strength and success. Try filling your thoughts with words that make you feel strong, happy and in control of your life.

Everyone is always looking for the secret to a better body. They try countless different diet and exercise fads only to find themselves right back where they started. It's an endless cycle that never produces any results. Like hamsters running on a wheel, they are going nowhere fast. Whenever someone asks me for the secret to achieving a better body, I simply say, "Your mind." You can have the best trainer on the planet write you up a fitness plan, but it isn't worth the paper it's printed on if you don't have the motivation or will power to execute the plan. Where does that motivation and will power come from?

It comes from within you; it comes from your mind. I am sure you have all heard that the mind and body have to be in sync in order for success to occur; that is 100 percent true. You need to exercise

your mind as well as your body. A strong mind equals a strong body. If you are someone who has not been successful at making positive gains in your life, then you need to exercise your mind. I put together some tips for you on just how to do that, so all of you who have failed at creating the body you always wanted can now have a better chance of finally reaching that personal goal.

Tips on How to Exercise Your Mind

CHOOSE YOUR WORDS

Only use positive words when talking. If you're constantly telling yourself, "I can't," you may convince yourself that's the truth. Replace these negative words with positive ones. Tell yourself, "I will do my best," or, "I will try my hardest," instead.

Use words that evoke strength and success. Try filling your thoughts with words that make you feel strong, happy and in control of your life. Make a concentrated effort to focus on these words rather than on those that make you feel like you're failing or incompetent.

Practice positive affirmation

This means you repeat a positive phrase to yourself on a regular basis like, "I deserve to be happy," or, "I am on my way to greatness." Believing that these things are true and reminding yourself of them can help give you a more positive outlook on life.

Believe you will succeed

There is nothing like believing in yourself to create a successful reality. Give yourself the benefit of the doubt, and believe that you will succeed at fulfilling your goals.

Analyze what went wrong

Give yourself some time to think about the things that led to your current situation, so you can avoid future mistakes, and look forward to a more positive tomorrow.

Trust me!

If you start making these changes in your life, you will have a much better chance of a positive body transformation. The mind is a much more powerful tool than the bench press. Good luck, and shoot me an e-mail at www.franksepe.com if you have any question. **IFM**



Frank Sepe

Frank Sepe is a fitness expert both on television and radio. He has won body building titles, written best selling fitness and nutrition books, he is a personal trainer to many celebrities, and is one of the most photographed fitness models of his time. www.FrankSepe.com