

Change Your Movement Mindset

by Bethany K Springer, www.bethanykspringer.org



You can do this!

You can change your movement mindset and make exercise finally feel like an easy, integral, and awesome part of your family's every day life!

Follow the steps below to shift your mindset in a positive direction and start feeling the amazing mood-boosting and life-changing results of exercise by committing to taking action today.

This guide will walk you through the process of:

1. Examining your current movement mindset
2. Trying on a new & empowering mindset
3. Practicing the new mindset in your daily life
4. Sharing your experience with others to cement the positive changes

This guide also includes reflection prompts, so you can begin to:

1. Clarify your "deepest why" (which is your most powerful motivator)
2. Utilize visualization as a tool to help you create what you desire
3. Turn "obstacles" into challenges you can take on
4. Create a do-able & appealing plan of action
5. Use role models and supportive people to boost your success

1. Examine your current movement mindset.

- How does it show up in your everyday life?
- Beginning this process requires mindfulness & curiosity.
- **Get a journal** or notebook, or open a note on your phone.
- Start noticing how you think and talk about exercise, your energy levels, and your physical body.
- **Write these thoughts or comments down for 24-72 hours** (you can use tally marks for repetitive thoughts) **while noticing how they make you feel.** (Motivated? Inspired? Exhausted? Uncomfortable?)
- After you've created this list, **start noticing the movement mindsets operating in the world around you** – what messages do you notice about exercise, energy, and the physical body from your closest friends and family, to your co-workers, community, and culture at large as filtered through the media? **Take note of how other people's comments, behaviors, and opinions make you feel emotionally, about yourself, and about your life.**
- Take a few moments to put this all together and **examine the results with an open mind.**
- Acknowledge how your current mindset may be holding you back in terms of limiting beliefs and the negative feelings they create. Look at each item on your list. Think about what these negative and limiting beliefs are costing you, in terms of your overall health and happiness. **Make another list of all the things you're missing out on by holding on to a sub-par movement mindset.** (An easeful body? Energy to play with your kids? Youthful radiance? Increased happiness? Ability to focus your attention? Better willpower? Self-confidence?)
- Accept wherever you're at today and commit to moving forward.

2. Try on a new mindset.

- While examining your current movement mindset and that of those around you, you may have noticed recurring limiting beliefs and how they have a negative effect on your behavior, emotions, and motivation.
- Sit down with the list you made in step #1 above. **Reframe each negative or limiting thought or comment you made about exercise, your energy levels, or your physical body in a positive or empowering way.** You might imagine that you are counseling a good

friend and want to point out an alternative way of looking at things. For example “I never have enough energy to exercise,” might be reframed as, “I can create unstoppable energy each time I move my body.” A statement like, “I’m too busy to exercise,” might be changed into “Making time to exercise for ten minutes each morning gives me fuel for my busy day.” Imagine how someone with a steady exercise habit and a healthy body and mind would think about the same thing in a totally different way.

- **Write down your new empowering beliefs.** List them out in a journal and then write the most meaningful and motivating ones on post-it notes and put them around the house. Set them in your phone to come up as reminders. Write them on the bathroom mirror with a dry erase marker. **Repeat them to yourself as much as possible**, especially when you notice your previous limiting mindset being activated.
- For quicker results, post a few inspiring pictures around the house too, as the powerful subconscious brain works best with images.
- Brainstorm other ways you can begin to develop your new mindset. This could include: watching inspiring videos, reading articles and stories, learning about what others have done, and getting connected with role models that can help you move forward.

3. Practice applying the new mindset in your daily life.

- Begin by setting some **exercise and movement goals** that feel fun and exciting. Start as small as possible. Focus on how you desire to feel.
- **Create a plan** that will help you reach your goals. Start at the end goal and work backwards. Remember, success is made in the small steps you take everyday. There’s no big success without the small daily wins.
- Get super clear on why you’re doing this. **Uncover and use your deepest purpose** as motivation to see you through all the challenges.
- **Identify possible obstacles, and then make a clear plan to overcome each obstacle.**
- See yourself succeeding. See yourself taking consistent action. See yourself overcoming obstacles. **Believe you can do it!**
- Make a non-negotiable decision and **commit 100%** to taking action every day – especially if you don’t “feel like it.”

4. Share the ideas that are most helpful to you with others

- Make your new mindset complete by sharing your experience with others. What did you used to believe? How did that belief affect your behavior and emotions? What's your new belief? How is it affecting your current behaviors and emotions?
- **Be someone else's support and voice of encouragement.** Know that people can change, and are actually *meant* to change and grow into their highest potential self. Let others know how you changed your mindset, committed to taking action, overcame obstacles, and made positive shifts in your health and life.

Reflection Questions

Use your journal to reflect on the following:

1. *What exercise habit would I really love to create?*
2. *Why do I want to achieve this? (Continue asking yourself "why" to each answer until you can't anymore – usually about 5 times. This is your deepest purpose and motivation.)*
3. *How will I benefit from succeeding at increasing my physical movement?*
4. *Who else will benefit from my success? In what ways?*
5. *Can I imagine what my life will be like, and how I'll feel about myself once I begin making consistent progress? Do I truly believe this outcome is possible for me?*
6. *How will I measure my progress?*
7. *How will I celebrate my progress?*
8. *What do I have to change in order to be successful at taking consistent action? (Consider your mindset, habits, schedule, and environment.)*
9. *What obstacles and challenges will I need to overcome?*
10. *What steps will I take to overcome these obstacles?*
11. *How might I learn from my failures and setbacks?*
12. *What will I do to continue on if I "fall off the horse"?*
13. *Who has successfully mastered this habit and how can I learn from them?*
14. *How can I hold myself accountable? Who else will support me?*
15. *How can I make this as fun and exciting as possible?*