

Your Vision in Action

Take a moment to find your answer to the following questions:

- How do you want to look and feel at the end of this relationship?
- What would change in your life if you made this commitment?
- Can you vividly see the new you in your mind's eye?
- Why are you really doing this?

The answers to these questions are paramount to your success. Throughout history, men and women of greatness have depended on visualization to accelerate their accomplishments. They are able to see themselves as already having achieved their goal, and they mentally rehearse the process of getting there on a daily basis. This key to greatness can be learned, and once mastered, it will allow you to achieve any fitness goal that you dare to imagine.

However, the speed, degree and magnitude of your success are in your hands. This process is as much about the mental pushups as it is about the physical work. The vision that we ask you to write down and mentally rehearse is going to be the catalyst for achieving the results you desire. Think of your mind as the finest muscle in your body, and as such, it requires exercise. Without constant challenge, it will atrophy and become too weak to overcome difficult challenges.

First, close your eyes and picture yourself having the body you desire. Look at all the parts. Flex those parts. Moreover, feel the confidence and joy experience with this visualization. Picture interacting with others and the enriched life and increased energy you have. Get caught up in it. Really feel how happy you are and how great you feel. Your positive attitude is contagious, and it spreads to everyone you meet. Things are BIG and BRIGHT. After you open your eyes, write down all the feelings you experienced. Be as descriptive as you can. Write down how the different body parts looked, and the energy you were feeling. Commit to this process for 5 minutes, and put your writings in a safe place.

Now look in the mirror. Can you picture that perfect body? Can you see it transform before your eyes? Can you feel the effects of the positive changes? For those of you that take the time to do this, the process is transformational. You can now see what needs to happen, and the changes that you are about to enjoy. For those of you who cannot visualize this yet, try cutting some pictures out of magazines/books that represent the way you will look. This is still very effective and will serve as a bridge while your imagination gets revved up.

Next, out of the words and feelings you wrote down from your visualization, create a written statement that expresses your commitment to achieving your goal. Write down what you are willing to give in return for the achievement, and why you are doing it. What does it mean to you? Be as specific and descriptive as possible, and use as much emotional wording and feeling as you can muster. This is the only language the subconscious mind understands.

Example:

“I, Jeff Tinson, am enthusiastically watching my stomach fat melt away revealing my rock solid abdomen. My shoulders begin to widen and form into fine caps. My arms are separated and veins bulge out of my shirt. My chest looks like two hulking, chiseled slabs of granite. I have complete faith that by following the simple system outlined in this program that I will easily achieve my goal, thereby creating an unbelievable and unlimited amount of joy in my life. I will work hard and be disciplined to ensure that this dream will be my reality as quickly as possible.”

Now you can see the end result, and it is written down on paper. You know what you have to do to get it, and you have found professionals to help with the “how am I going to do it?” part. You are well on your way!

Be that person right now. Think, train, and carry yourself like that person. Underneath the image you currently see in the mirror, this person already exists. This visualization/concentration exercise followed by the reading of your commitment statement must be done at least twice daily. The best times for this are upon rising, before and after training, and at bedtime. Practice as often as you like. Increased frequency and depth of visualization creates increased mental focus and a more meaningful commitment to your goals.

Adjusting your mindset is the most important component in achieving the results you desire. Please commit to doing this consistently, no matter what value you currently believe it has.

You do not have to know *how* you are going to get there; your coaches will help you every step of the way. You just have to be certain, and trust that you *will* get there. Picture your achievements vividly, with strong desire and emotion. Repetition of your commitment statement in a state of faith supercharges the mind and body to comply with your vision. For those who truly embrace this practice, it becomes impossible to fail.