



FITPLAN

PROVEN STRATEGIES TO DEVELOP A WINNING MINDSET

Developing a winning mindset takes commitment, consistency and active focus. Below, we break the winning mindset approach down into **SEVEN** effective strategies for you to nurture your mentality with the right planning, action, and habits.

1. DEFINE YOUR DESIRE

In order to reach a goal, you need to truly want to get there. What are your goals deep down? The internal fire that builds up from true passion is an unstoppable force on the road to success.

2. UTILIZE AFFIRMATIONS & SELF-TALK

Thoughts influence our emotions, which impact our behavior. Find the time to positively reinforce your efforts and show yourself the love you deserve.

3. NEVER STOP LEARNING

With a winning mindset, comes a growth mindset, and with this outlook, comes the eagerness to learn.

4. PRACTICE DISCIPLINE

Building discipline is similar to building physical strength. The more you work at it, the stronger it gets. Before making any decision, ask yourself: "Is this going to bring me closer or push me further away from the version of myself I strive to be?"

5. BE PROACTIVE

Proactive people avoid the stress of being reactive. If you don't plan for what's ahead, you risk task buildup and inevitable task failure. Using a planner is an effective tool to keep all of your obligations organized.

6. REFLECT ON YOUR EXPERIENCES & PRACTICE GRATITUDE

Taking the time to reflect on your day gives you insight into what worked and what did not. Were you focused on your work? How did you feel? What actions did you take that you'd like to repeat, and what would you like to eradicate?"

7. DON'T TALK ABOUT IT, BE ABOUT IT

As long as we are in motion, we feel the satisfaction of achievement. The idea starts to feel real. In this, we invite the danger of getting comfortable in the pre-action phase and stagnating even before we get started. Don't tell others about the work you're about to put in, tell them about the work you've already done, or even better, be patient and let others notice your progress.



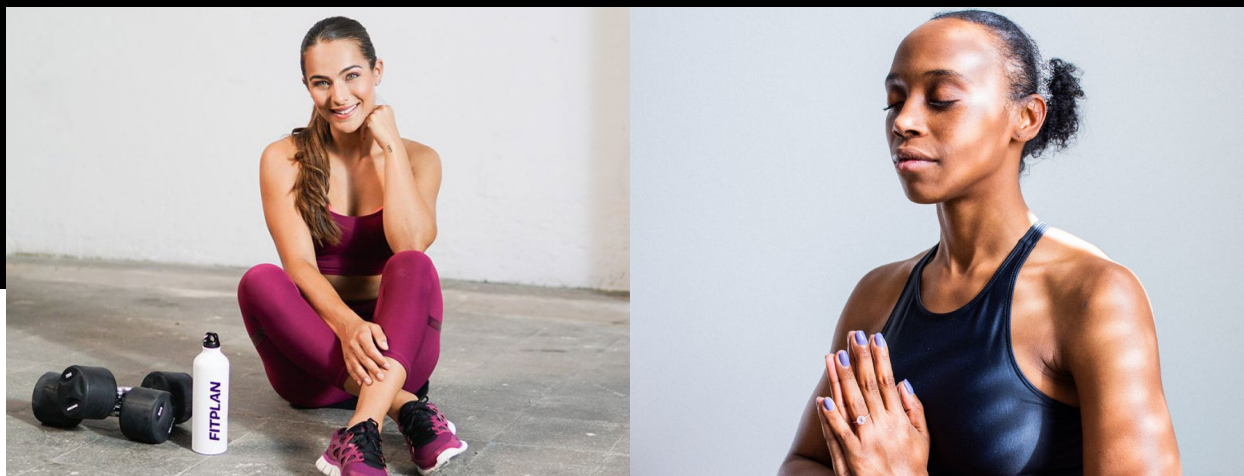


DEFINE YOUR DESIRE

In order to reach a goal, you need to truly want to get there. This may sound obvious, but we often incorrectly identify our true goals and instead chase milestones that we do not actually care about. This comes down to being honest with yourself. As Anne Kotynski, a PhD student, [explained following a study](#), “people will block out distraction and narrow their attention on something they want.”

Goals should be intrinsic rather than motivated by an outside force. When determining what you want to accomplish, strive to consciously block out the noise and focus on what motivates you at your core. The internal fire that builds up from true passion is an unstoppable force on the road to success. What are your true goals?

NEXT: UTILIZE AFFIRMATIONS & SELF-TALK



UTILIZE AFFIRMATIONS & POSITIVE SELF-TALK

Thoughts influence our emotions, which impact our behavior. Affirmations and self-talk are highly regarded strategies for coping with stress. It is estimated that we talk to ourselves about 1,000 times per minute, according to preeminent sports psychologist Dr. Bob Rotella. However, without proper training, we tend to focus most of this talk, particularly in the face of adversity, on negative thoughts.

“While the correlation between optimism and success is imperfect, there is almost a perfect correlation between negative thinking and failure,” Dr. Rotella states in his book [“How Champions Think”](#).

Find the time to positively reinforce your efforts and show yourself the love you deserve.



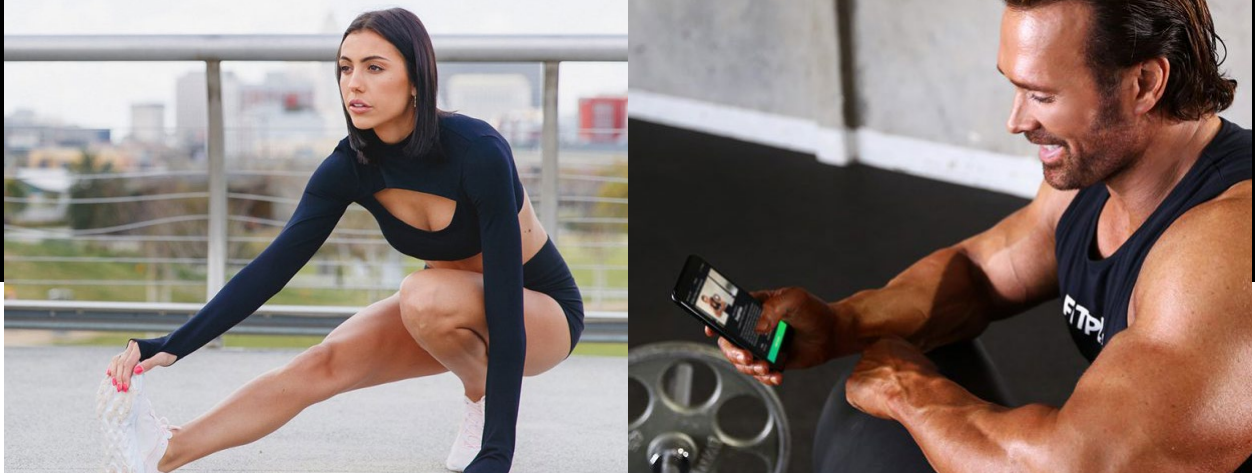
NEVER STOP LEARNING

A growth mindset is the belief that one can cultivate their abilities and achieve constant growth with the right amount of effort. Contrarily, a fixed mindset is the belief that an individual is either born with the skill or not, with no in between.

With a winning mindset, comes a growth mindset and with this outlook, comes the eagerness to learn. True champions never lose touch with the “student” inside of them.

What you learn is not as important as the act itself. The better you become at discovery, the more easily you’ll be able to figure out how to navigate the challenges that inevitably arise on the road to your goals.

NEXT: PRACTICE DISCIPLINE



PRACTICE DISCIPLINE

Building discipline is similar to building physical strength. The more you work at it, the stronger it gets. The opportunity to practice discipline is constantly around us.

Before making any decision, ask yourself: "Is this going to bring me closer or push me further away from the version of myself I strive to be?"

The more often you choose the harder and more rewarding path, the more you wire your brain to continually seek that challenge.

One technique you can use to help resist the urge to quit is to keep visual evidence of your goals around you. Write them down. Print pictures. These little reminders can go a long way in keeping us motivated.

NEXT: BE PROACTIVE



BE PROACTIVE

Proactive people avoid the stress of being reactive. Winners do their best to anticipate all of the issues that could arise in the pursuit of their goals so they can set themselves up to be successful.

If you don't plan for what's ahead or wait to accomplish the tasks in front of you, you risk task buildup and inevitable task failure.

Using a planner is an effective tool to keep all of your obligations organized. Creating and regularly updating a to-do list can help you prioritize what you need to get done and focus on the task at hand without being overwhelmed trying to remember the other items on your plate. David Allen identified one strategy for task prioritization in his book, ["Getting Things Done"](#): "If an action will take less than two minutes, it should be done at the moment it's defined."

NEXT: REFLECT ON YOUR EXPERIENCES & PRACTICE GRATITUDE



REFLECT ON YOUR EXPERIENCES & PRACTICE GRATITUDE

Taking the time to reflect on your day gives you insight into what worked and what did not. Were you focused on your work? How did you feel? What actions did you take that you'd like to repeat, and what would you like to eradicate?"

No matter if it's small, such as the sweetness of fruit or a deeper subject like family, friends, or health, acknowledging the things we are grateful for trains us to become better at finding the good in all that we experience.

One common technique is to use your gratitude practice to reflect on your day in a nightly journal. This allows you to [maximize memory function from the physical act of writing](#) and experience the positive effects of both habits together.

NEXT: DON'T TALK ABOUT IT, BE ABOUT IT



DON'T TALK ABOUT IT, BE ABOUT IT

Lofty goals can be fun to set. We imagine ourselves on the other side having summited the highest peak, experiencing all of the positive feelings that come with that and immediately feel the need to talk about it.

As long as we are in motion, we feel the satisfaction of achievement. The idea starts to feel real. In this, we invite the danger of getting comfortable in the pre-action phase and stagnating even before we get started.

The solution is simple. Don't tell others about the work you're about to put in, tell them about the work you've already done, or even better, be patient and let others notice your progress. If you completely transform your work ethic, structure your daily routines, or change your eating habits, people will notice, and it will be that much more rewarding.

As you develop the habit of acting on your intentions, you will rewire your brain to stick to all of your commitments, no matter how big or small. Today is the best day to take your first action towards accomplishing your goals.

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