MINDSET: The Re-Identification Process

Do you identify with these adjectives: hard-working, driven, fit, buff, motivated, determined, tough, athletic? These are many of the adjectives that I have prided myself on being for most of my life. I was always the earliest to the gym, stayed the longest, the most dedicated, the most fit, the motivator. If you are like me, you identified with these kinds of words too. Now what? How can we reconcile leisure walking with the concept of hard-worker? It is difficult, right?

This piece of the mindset puzzle is all about finding out other ways to feel worthy without being all the of the things that got your metabolism in trouble in the first place.

A few exercises for how to redefine yourself taking into consideration your new role as a metabolic rehabber. It’s not a bad thing—it’s just a different thing. Embrace it!

1) Write down between 5-10 adjectives to describe you (like I did above)

2) Take those adjectives and turn them on their head. E.g. for me: “Hard-working.” Even though I am not the one sprinting on the treadmill for an hour, am I not still a hard-working businesswoman? Do I still dedicate myself to my business and career? YES! Now you try!

3) Ask yourself, “Do my physique determine my self-worth?” It did for me for years. I didn’t know what else I had to offer it was a bangin’ bod. The answer to this question for everyone is, Of course not! Let’s affirm it by...

4) ...Identifying your other strengths. Are you a great friend? Do you have an amazing family life? A good sense of humor? A thriving career doing what you love? Think about other ways that you have been affirmed in life. You are smart. You are funny. You are a good friend, wife, sister, daughter, mother, etc. You are a savvy businesswoman. None of those things depend on you being in a size zero. Write a LIST of your strength, at least 10 things you do well.

5) Focus your energy someplace else. Your life cannot be your physique. Develop other interests. Start a blog. Join a book club. Start a business. Join a Women in Business group locally. Bake and put together a healthy recipe ebook. Tweet. Whatever! The point is that your life does not have to be the gym anymore. You get to create a completely new focus on whatever else you are passionate about. It can still be within the healthy & fitness realm. But the bottom line is that your self-worth is not tied to your physique. Explore what else you have to offer the world!