

Troy Huggett's M.I.N.D.S.E.T Steps

The KEY to it ALL

-Many people avoid the actual true Key to it ALL. Together, we want to focus on the main thing that sets this program apart - M.I.N.D.S.E.T.

If you take care of your M.I.N.D.S.E.T., your M.I.N.D.S.E.T. will take care of you.

How bad do you want it?

How hard are you willing to work?

Where is your mindset currently? Which of these categories do you fall in?

- I'm a FULL speed ahead, Break down walls to succeed, I'll make this work, kind of a person.



- I'm a success oriented person, but I'm just not sure about my ability to succeed in this plan.

That just won't work out.



- I'm confident this program WON'T work, cause all other attempts have failed.



It's time to get the mind right. I mentioned that I see it as my goal to get you to think, and then think RIGHT! Up until this point you have been inundated with differing opinions on the best way to achieve your health and fitness results and they have been all over the spectrum of ideas and directions.....and they focused on a special meal and exercise plan....and quite likely some magic pill! That is NOT what you are getting from this program. Is meal planning important - definitely. Is exercise necessary - definitely. But what is the real Magic in your success?

This program offers you the true "Magic" in the form of M.I.N.D.S.E.T.

IF you will allow this program to reshape your mind, your mind will re-shape your body and health!

Here are the steps to successfully resetting the mind!



Step 1 - Set your goal!

Your goal must be realistic, but out there just enough to make you stretch!

Your goal must have a definite time for achievement.

Your goal must be written down

Your goal must be kept in your mind and visualized - seeing it as real and speaking it into existence.

Many people put Goal Setting into the following acronym:

S - specific, significant, stretching

M - measurable, meaningful, motivational

A - agreed upon, attainable, achievable, acceptable, action-oriented

R - realistic, relevant, reasonable, rewarding, results-oriented

T - time-based, time-bound, timely, tangible, trackable

I know you've done this countless times to no avail. Hold tight, that's just step 1.

Step 2 - Review your goal a minimum of 2x/day - once in the morning immediately upon rising and once just before going to bed.

Setting your mind right before the e-mails, texts, news, etc have a chance to take hold of you is **CRITICAL**

Your number 1 job right now is to gain a mindset of belief, trust in yourself and your actions, and know you **WILL** be successful!

We are a negative organism and it takes work to turn your mind around! The mind remembers past unsuccessful efforts and wants to protect you and avoid you having to ever deal with that type of stress or anxiety again - so it literally assures (sabotages) you that the current plan you are attempting won't work either - you must stop this cycle and instead

tell the brain you are successful and this program is effective and it is working for you and it will continue to work for you.

Step 3 - Visualize **you** as successful & Speak it into existence. This is one of the most important steps in reshaping your mind and becoming successful with any goal! Whenever you catch yourself explaining in your head or out loud why it won't work - STOP and re-speak it as a positive, successful statement and visualize yourself achieving your goal! Some people don't believe this makes a difference - IT ABSOLUTELY DOES!

Step 4 - Begin a gratitude journal. Every night before bed, take 10 mins to record on paper the things you are thankful for. Each night work to find different things, don't just write down the same 3 or 4 things. Instead, open your mind and let the mind bring forth all the amazing things you have around you. We all are so much more fortunate than we realize. In the beginning stages of the gratitude journal you may find it difficult, relax and let your mind take over. In time, you will begin to see a broad expansion and things will just open up and 'show' themselves to you.

Step 5 - Pray - this is not a religious prayer, unless you'd like it to be. If you believe in a higher power, regardless of what belief you hold, pray a thankful prayer for the opportunities you have in front of you and for the necessary abilities and drive to stay positive, visualize, stay focused and achieve the success you are meant to achieve.

If you do not hold any religious beliefs, pray to the Universe. I've heard countless non-believers in a variety of situations state that they were amazed that things happened the way they did and they believe it's the "universe" being in alignment. You too should take advantage of such power to help you achieve your dreams.

The power of prayer is real. It sets the mind right and brings all the powers of the Universe in alignment to help you achieve all things you desire.

Which of the 5 steps do you think most people neglect? Without a doubt it is Step 4 & 5!

I'd advise you to NOT skip any of the steps. We all have a formidable number of years behind us of negative self-talk and sabotaging acts by our own brains, not to mention our friends, family and co-workers. We need to take advantage of every tool to turn the mind around and bring it on our side!

There you have it - The real Magic Pill of success = M.I.N.D.S.E.T. Now go get yourself successful!

Troy