



Why Don't I Look Like That?

YOU'RE AT YOUR WIT'S END. IT DOESN'T SEEM TO MATTER HOW HARD YOU TRAIN OR HOW WELL YOU EAT, SOMEHOW YOU NEVER SEEM TO LOOK LIKE THOSE BEAUTIFULLY SCULPTED FORMS YOU SEE IN THE MAGAZINES. YOU FEEL FRUSTRATED AND DEMORALISED - ALL THAT EFFORT FOR SUCH LITTLE REWARD! THERE HAS TO BE A BETTER WAY. A WAY THAT WORKS.

By Joanne M Prior

It doesn't get much worse for a highly driven and goal-orientated person than not achieving their desired outcome. Especially when their energy, time and resources have been invested.

Why can success seem so elusive? What is the real issue here? Unrealistic goals? Natural genetic limitations? Or is there something else that could make all the difference?

When we set a goal, the first person we depend on to support us and see us through is ourselves. We then attempt to keep ourselves as positive, focused

and committed as possible. Then, if we are lucky, we can gain the support and understanding of those around us; family and friends who encourage us and help us become the champion we are striving to be.

Another source of support may come from a professional who is an expert in the field you are aspiring to be successful in; whether it be the support of a mindset coach, a personal trainer or a nutritionist. The support of our community or nation can also provide motivation and resources which assist us in achieving our goals.

How many of us actually get this amount of support and help? Are you

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doing it all on your own? If you had this amount of help and support, do you think you'd achieve success?

Most people are trying to achieve magnificent goals without the help and support they need. The 'average' person is trying to get ahead under the most adverse conditions with little to no support. They are being their own coach, cheerleader, nutritionist, PT, relationships expert, career advisor and money expert - to name but a few! No wonder we find it hard to achieve in life. We are trying to do everything at once and wondering why we don't get there very easily.

But with the right kind of help, input and support would there be a better chance of becoming something more than average?

Elite athletes have an amazing amount of support. Yes, they have a unique skill or talent for what they do and, yes, they are usually driven in their own right. Surrounding them, however, is a plethora of support, from family to professional coaches. These people help them achieve their goals. They don't do it on their own.

“We all have the same amount of potential.”



We all have the same amount of potential. With the same support structure around us, we could all be successful and prosperous in life.

Are there strategies we can learn from this in order to transform our ranking from 'average' to 'elite'? Yes! Simply follow my 'Three Steps to Success' plan.

The **first step** is to convince yourself that you are more than an 'average person' at heart. Often, the only difference between you and someone more successful is the amount of help and support you receive. If you would like to achieve like one of the 'elite,' then start thinking like one.

Changing your perspective allows you to become increasingly aware of what is potentially out there that could assist you in getting ahead in life.

The **second step** is to get some help and support in achieving your goal. Find at least one mentor or role model who you admire. Listen to what they advise you to do. You don't need to spend a lot of money either. Find someone who fits the bill perfectly for you and focus on them.

The **third step** is to be willing to follow the guidance you receive. Don't compromise the support you are getting from your guides. Ask your family and friends to support you in your quest. Make it known that this is the new you.

If someone gives you advice or criticises your new path, view them in their mediocrity and see where their limiting thoughts are keeping them stuck. Smile

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and say 'thank you for sharing,' and then move on.

The 'elite' get there. They triumph. They succeed. They make it. This is what you want. So join the club! ☺

Joanne M Prior is Director of 'Think Yourself... Successful.' Through a step-by-step process, Joanne's clients gain the confidence, skills and abilities to never battle with food and weight again. Joanne is a published author, writer and highly sought after speaker in the health, fitness and weight loss industry.

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