

# Mindset Reset

Julia Linn 's 12 Week Live Master Class

# Fitness Philosophy



body beauty love life

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There is a huge inner transformation that takes place along with the physical one when you undertake a serious committed approach to your health and fitness.

How bad do you want to be fit?

It's going to require a complete overhaul of how you think, how you act, how you make choices.

Just by deciding to do it isn't enough. You have to DO IT. It's a never ending journey getting to know your body and what it's capable of. Your body: the vehicle to get around in - on planet earth, and a Chariot for your Soul.

Planning, structure, commitment and consistency bring all kinds of rewards in your physique, but it changes you INSIDE, more than you will realize until it happens.

- Julia Linn



**When you wake up every day excited to work out, count macros, and feel good - it has become a HABIT. Like getting up and brushing your teeth, getting dressed - it's just WHAT YOU DO.**

**No "should I?" No "Do I really feel like it?" You know that blah blah blah mind blather. It's so useless.**

**If you can set yourself up to create this feedback loop and pattern: exercise/ clean eating DAY AFTER DAY it becomes ingrained.**

**You will begin to feel SO GOOD your body will insist on it. And raise the stakes! Leaner! Stronger! More cut!**

**What could be better than being on automatic like this? Actually nothing. The power is in your hands (and spirit, mind, body.) Most people give up way too soon.**

- Julia Linn



*Old me:*

*Chasing the effect & not dealing w/ the cause. Treating symptoms & not the main dis-ease. Trying to circumvent what really needs fixing.*

*We think our body needs fixing. We need to lose weight, get in shape, fit in smaller clothes. Sporadic forays into dieting driven by self-disgust will see results for a while but then backslide.*

*It's not the body that needs fixing. It's our thinking, our mindset, our focus - where is it?*

*You cannot initiate change based on a negative self-image. But you can w/ self love.*

*My missing piece was mindset - I needed to spiral up into a higher perspective. Weight loss is such a paltry goal. But a strong, healthy, vital & energetic life & a body that can keep up with that? That's a worthy GOAL.*

*My fitness journey at age 62 was initiated by surviving 30 years post double organ transplant. I had to do something in gratitude for this gift of life. Really cherish my health & body.*

*All the moving parts of fitness emerged on all levels: spirit, mind, body - in that order.*

*Habits of prepping food, planning meals in macros, doing workouts, scheduling life around the gym - all of this become automatic if you keep at it day in & day out. Your body demands it, & your thought process is wired to make it happen.*

*When you've had decades of ill health, wondering if you will live long enough to see your 40s/50s or even 60s - It's a stupendous miracle to be as fit as I am. It takes serious work, of course. But I will pay the price to keep it that way - it's never too high.*

*I'm building to last. - Julia Linn*