

RAISE THE BAR by Jay Ibrahim

EXCERPT

Stand in front of the mirror and look at your body - are you happy with it? If not, what is that you seek to gain or lose? Here is the thing: you are not allowed to hate your body because that creates nothing more than a spiralling negative effect on yourself and your body. Your body is simply a by-product of your own creation, meaning you cannot really hate your body. That is counterproductive; you can't hate a car that you bought because it doesn't feel or drive right. You choose the car, just like you choose your body. It did not create itself; it happened over a long period.

Instead, what I want you to do is dislike the habits that created the body you see and the thought processes that led to where you are now. Your body did not do anything wrong. It followed its biological responsibility to consume food and drink. Hence, it is only repaying you for what you have done to it.

I remember going to the beach and seeing every single parent wearing shirts to cover their bodies while in the water, rather than enjoying being in the water with shirts off. I mean really enjoying the sun, the experience, the sensation of the water and how it feels on your body. Instead, people wearing shirts speaks volumes because it says, "I do not like my body and what I have done for it, so I am going to deprive myself of this great experience just to avoid shame." Shame is a mindset and mental reaction to an action that you have repeatedly done toward your body. So, if your definition of the ideal body is something else than what you currently have, then find that habit that resulted in that and put all your emotions toward going the other way and start loving your body for being there for you. Take the time to thank your body.

Take the time to think about what type of healthy body you want to become in the next 30 days. This new habit will become ingrained, and you will benefit from this way of thinking. It should always come back to YOU. Nobody else will enjoy it more than you. It is your body to stare at in the mirror and say thank you.

Define that body in all its details, make it realistic and achievable but hard enough that it scares you. Your body will thank you as your habits will implicate these results. Put that ideal person on the mirror as a source of motivation. Remember, it is the habit that is discouraged, not the person.