



## WHICH DIRECTION ARE YOU MOVING.....

So what direction are you moving in?? Are you moving away from a bad situation or are you moving towards a better situation? I bet you are frowning and saying, 'Jen, what's the difference'? As long as we are moving forward, it's all good, right??

Maybe.... But I actually think there is a big difference!! So let me ask you, are you running away from something you are not happy with in your present world, or have you faced that square on, worked out what the problem is, been proactive with a solution and now have a strategy in place so you don't repeat the pattern?

Because if you have, I would suggest that you are doing the latter, and that is moving towards a better situation.

There are many reasons for this but one theory essentially states that there are two groups of people, differentiated by the distinctly different ways they're motivated. One group is motivated by moving away from what they don't want. Their tendency is to minimise what they perceive painful or unpleasant; things they're afraid of, or want to avoid. This group moves away from pain

The other group is motivated by moving toward what they want. They give very little thought to things that are unpleasant, and instead focus almost exclusively, consciously and subconsciously, on what they want, or what they perceive pleasurable and desirable. This group moves toward pleasure.

The thing is, by far the vast majority of people are motivated by the 'moving away from' paradigm.

If I asked you what you want regarding the big three - wealth, health and relationships - you would most likely state that: you want to be very wealthy; you want to be fit and healthy; and you want to be extremely happy and fulfilled in your relationships. On a scale of 1 to 5, 5 being the most preferred state, you would probably want 4's or 5's in each facet.

Yet how do you actually rate? Most people rate 1.5 to 2.5. So, if you want a 4, and you only rate 2.5, why don't you do something about it?

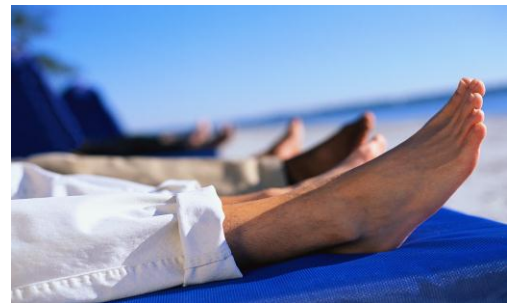
The reason for most people is that 2.5 is much better than 1. 2.5 is reasonably comfortable. 1 is where the pain is. 1 is where you have to battle each week to pay your bills.

1 is where you can't afford a holiday. 1 is where you are overweight and at risk of serious health problems. 1 is where you are constantly fighting with your partner and no longer share intimacy.

But at 2.5 you've moved away from that. You've moved away from pain to a compromised level of well-being. Your basic needs are fulfilled. You can afford a reasonable house in a respectable suburb. You have some problems in your relationship, "but that's normal." You're not obese, but you are moderately happy with your appearance and health.

The 'moving away from' mentality is one of compromise. You have compromised on your desires because you have reached a level of wellbeing that is not 'uncomfortable'.

So tell me, are you truly 'comfortable' or is it just that you are not 'uncomfortable'.....



Jen  
Goal Power Training  
Women's Health Expert  
Mobile: 0403 236 783

## 7 Day 'Super Woman' Start Up Program

What are you waiting for ... go to [www.goalpower.com.au](http://www.goalpower.com.au)  
and become a Goal Power 'Super Woman' today!

Jennifer Forster  
m 0403 236 783  
e [jen@goalpower.com.au](mailto:jen@goalpower.com.au)

- GirlPower! Outdoor Group Training
- Coaching
- Nutrition

