



# Goal Power

## IS 'LIFE' GETTING IN THE WAY OF YOUR LIFE???



**How many times have you started a diet, a new training routine or just a new way of thinking and Wham!! Out of the blue, just when you thought you were on track, that 'thing' known as 'life' occurs?**

Sound familiar!

Setbacks and difficulties occur all the time – they are a natural part of life. Now, is that an 'It's alright for you Jen, you don't know my situation...' comment I can hear echoing...



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The way I see it, there are two ways of facing difficulties.

You either;

1. Try and alter the difficulty OR;
2. Alter your mindset to be able to deal with it.

Deal with difficulties correctly and it will enhance your confidence, deal with them incorrectly and they can do some serious damage to your self worth.

When you are faced with any setback your ability to deal with it can be turned around into a position of strength by asking yourself positive empowering questions.

There is an unwritten rule that says:

**Ask yourself a stupid question and you will get a stupid answer!**

So, if after setback you ask yourself something like

"Why does this always happen to me, I never have any luck? I suck at everything!"

Your mind will probably come out with:

"Because you are useless, fat, a loser, unworthy (you getting it?) and good things never happen to you!"

Ring any bells?

Instead, if you ask yourself a positive empowering question like:

"What did I learn from this setback for next time?" or "What could I have done differently?"

Your mind will kick into solution mode and help.

Here are some things to think about when setbacks do occur, and believe me, they will!

Acknowledge that 'Shit' happens... it happens to everyone at some time. Don't hide from it. That's life my friend. So what?

Instead, be prepared! What positive empowering questions could you ask yourself?

- How can I make the most of this situation?
- What can I learn from it?
- What are the facts (not emotions) about this problem?

Acknowledge that setbacks occur to everyone and you have not been singled out.

View them as a challenge to overcome rather than an issue or problem.

What negative dis-empowering thoughts do you think on a regular basis after a setback?

What new empowering questions could you ask yourself to give some better answers!

Fight or Flight – Choice is yours!

## 7 Day 'Super Woman' Start Up Program

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