

## Quick-Results Program

# 1. Mind Set

*Over the years I've applied myself and my clients to many successful strategies which have allowed myself and hundreds of people to transform their bodies and lives Quickly (in as little as 12 weeks!) When I have been the most successful, the training has been great, but arguably the biggest differences in my results come when I am mentally switched on. When I am very clear on what I want my short and long term fitness goals to be, I nail them. When I am unclear as to why I am training, my workouts are ok and my focus and nutrition are ok. Nothing wrong with ok, except that to spend too much time in OKville, isn't what I want my life to be about. The difference in my results, and I'm talking about Quick-Results, is when I have a very clear Mind-Set in respect to what I want. Here's a recap of my top 10 — the ones you must apply to allow yourself the opportunity to re-create your body and life with Quick-Results! Please read these words carefully! If you're serious about making fast progress, read these top 10 success strategies over and over again until you know them by heart. I promise it will be one of the best investments of your time and energy you could ever make!*

### MIND-SET #1:

#### MAKE A CONSCIOUS DECISION TO CHANGE!

Why do so many people who say they want to change remain the same year after year? I'll tell you why. It's because they overlook the essential first step – the step which begins to close the gap between knowing and doing. The step is... making a conscious decision to make a change.

I'm not talking about making ambiguous claims like, "Yeah...this year I'm gonna get in shape". Most people tell themselves this is one of their objectives every month. But how many people are truly moving in that direction? Unfortunately, very few.

And the reason? Because it's one thing to just talk about changing and it's a completely different thing to decide to actually do it. You see, when you make a conscious decision to make a change, your mind "awakens" and starts searching for a way. You begin to develop a feeling – a deep need to make it happen. That sensation is what many people call desire. Before you know it you'll crave that change day and night. Fortunately we all have desire. We may have buried it. But it is there. You have to let your desire propel you toward your goals. Don't let people, your surroundings, or circumstances convince you that you really don't have desire. When you decide you're not going to go on living the way you're living, when you decide the way things were last year is not the way they're going to be in the future, you've taken the first step. Remember: If you decide to keep doing what you've always done, you'll keep getting what you've always gotten. The decision is, yours – it really is!

### MIND-SET #2:

#### FIND A REASON!

"So I need to make a decision to do something here, to get off my butt and start moving. And keep moving. That's fine, but how do I do it?"

Well, you just have to find a reason to change.

I'll say it again. Find a REASON.

It's one thing to tell yourself you'd like to get fit this year. It's a whole other matter to think of the most dreadful thing imaginable happening if you do not get control of your body and life! It's having a reason that fuels the intense desire and power for getting started and for following through. There is a world of difference between simply wanting something and having to have it.

Please make sure you clearly identify your reason for deciding to change, write it down, and read it every morning and night. Be particular. I know that you know, deep down inside you have a reason, actually several reasons – good reasons – to decide to change.



### MIND-SET #3:

#### HONESTLY “SEE YOURSELF”!

Since we “see ourselves” every day, we often don’t notice if we’re “slipping”. If we’re not careful, before long, the image we have of ourselves in our minds will not be in sync with reality. To show you what you really look like, we will take before photos and provide them to you.

Then we will take additional photos every 6 weeks, and put them side by side in your Program book, or put them on your refrigerator door, in your wallet – someplace where you’ll see them frequently. This will help you honestly see yourself.

When you look at your photos, ask yourself if you are really satisfied with what you see and feel. How do you really feel about yourself? Are you confident, energetic, and proud? Or do you now honestly feel even more inspired to follow through on your decision to change? What are the pros and cons of continuing in the same direction you’re going? Would you like to feel better about yourself and know you’re creating a brighter future? Remember, right now you are the youngest you will ever be, and time waits for no one!



*“I have been training with Renouf for about 4 years now, and imagine I will still be training with them 4 years from now. My trainer and I keep setting new goals for me and I keep trying until we achieve it. Every year I get in better and better shape. Thanks Renouf!”* HELEN

### MIND-SET #4:

#### SET SPECIFIC GOALS!

You might be thinking: “I’ve heard this goal-setting mumbo jumbo before. It can’t possibly work. If it were so easy, everyone would do it”. Well listen, I don’t know what you might have heard before. But I do know Goal Setting is powerful and if you find those voices of scepticism creeping in and starting to bite away at these ideas already, you might want to take a minute and ask yourself where that’s coming from. Change is about being open. It’s about releasing old ideas to make room for new ones. It’s about creating a better future for you. It’s not about closing your mind. And it’s certainly not about being cynical and negative.

Setting goals is vitally important to your success. However, I’ve discovered many people aren’t clear about what goals are—they don’t know the difference between goals and dreams. It’s important to clarify this. Dreams are things you hope for – things you enjoy thinking about but really don’t know when or if they’ll happen. Goals, on the other hand, are specific things you have decided you need to accomplish within a clearly defined period of time. For example, the statement, “Someday I’m going to get in shape...” is a dream. However, if you declare that, “Within 12 weeks, I will lose 10 Kgs of fat and 15 cms off my waist” this is a goal, or a command the mind/body will follow.

This is an interesting tidbit: When you accomplish your goals, you are rewarded with a tremendous boost of positive energy, which allows you to set and achieve even grander goals. So, once you get this process started by achieving your first goal, you’ll feel it, and you’ll find yourself starting to create many exciting dreams for your life. That creates optimism and hope, which both feel pretty good! When I’m optimistic, I can’t help but focus on the future. It’s just so exciting; I can’t wait to get there!

The bad news is, when you don’t set and achieve specific goals, you can’t create greater dreams. And when you stop learning, you don’t have anything to look forward to, so you don’t look forward, you look down or back...you lose hope.

Allow yourself some uninterrupted time to dream of what you want with your body and your life. Once you are clear about what you want, record your goals in your Goals Page.

A simple, yet very powerful practice is the act of writing down your goals. It works’ here’s proof: back in 1953, a Harvard University study showed that 3 percent of the students graduating that year actually wrote down their specific career goals. Twenty years later, a team of researchers interviewed the class of ‘53 and found that the 3 percent who had written down their goals were worth more financially than the other 97 percent combined. (Make no mistake, writing down goals pays off, big time!)

## MIND-SET #5:

### HONOUR SELF-PROMISES!

When you set goals, what you're really doing is making promises – not to me, your family, or your friends, but to yourself. The promises we make to ourselves, although they are the “easiest” to break, are by far the most important ones to HONOUR. You see, the very essence of confidence is self-trust.

Would you trust anyone who repeatedly lied to you? Someone who broke the rules of the game, again and again? Of course you wouldn't. So, if you've developed a pattern of not honouring self-promises, this is a great time to make a change. If you can't HONOUR, trust, and depend on yourself, well... that may be the root of a lot of the challenges in your life – a lot more than you realise.

The thing about lying to ourselves is we never, never get away with it. We may fool our conscious mind into ignoring or not admitting what we're doing. However, deep down, in the place where we know and see ourselves as we really are, we are causing pain and damaging ourselves. Lie to yourself often enough and your self-trust – your confidence – will fade away. Into that emptiness will seep uncertainty, anxiety, and a whole lot of complex stuff you don't even want to know about.

But you can change that. It is a lot easier to keep the promises we make to ourselves than it is to break them. And keeping those promises unleashes enormous energy and potential – that emptiness created by self-deception can also be filled with strength, certainty, and, yes, confidence... if you HONOUR self-promises. (We've all heard the phrase, “The truth shall set you free”. Well, nowhere is that more true than when we apply it to our relationship with ourselves.)

Better- yet: “To thine own self be true”.

## MIND-SET #6:

### FOCUS ON YOUR FUTURE VISION!

Unfortunately, most people will never develop a strong future vision for their lives. They'll never admit to themselves, or anyone else, what their dreams really are, and they won't put a deadline on those dreams and transform them into goals.

Thus, most people will never even begin to harness their true potential. What they don't realise is if they aren't focused on their futures – if they're not consciously creating their lives – then they're living accidentally, not intentionally. They're merely reacting to life.

When you have faith in your future vision, it creates resilience, when things don't go your way, you'll be able to pick yourself up because your future vision will be stronger than your setbacks. It's close to the certainty of religious faith – the comforting, reassuring feeling that whatever happens will happen, but in the end, you will succeed.

It helps me to surround myself with photos and reminders which keep my future vision and goals on my mind. This is another simple yet powerful strategy.

Remember that everything you experience in the “real world” is merely an external manifestation of what has already happened in your mind. That's where the well-known maxim, “If your mind can conceive it, you can achieve it” comes from. It is true. You see, in your mind, anything is possible. So nourish your mind with positive, uplifting images... it's worked wonders for me!

## MIND-SET #7:

### FACE YOUR FEARS!

Most people are afraid to change. They're afraid to face the uncertainty we all feel when we get out of our “comfort zones”. Some are afraid of failing, and others, believe it or not, are afraid of succeeding. What's sad is most people don't realise they've become paralysed by their fears. Millions of people with great potential have been ruined and their entire lives wasted because they don't face their fears head on. You may recognise people who are afraid and hiding in their comfort zones from their constant complaining about people who are moving forward. “See that guy over there? I'd have a great physique too if I worked out” (Well then, why don't you do it instead of just talking about it!?). Rationalisation and excuses have become the only form of “exercise” many people get.

Remember this: If you move away from what you fear, it will eventually dominate your life. But if you move toward your fears and face them head on, they get smaller and smaller.

*This one step –  
choosing a goal and  
sticking to it –  
changes everything.*

SCOTT REED

## **MIND-SET #8:**

### **MAKE MISTAKES FAST!**

One of the things I've noticed is that people who try to get in shape or make other changes don't measure their progress often enough. This is not good. I call this "failing in slow motion" Some people don't notice what's not working until months or even years have been squandered. Then they look back and realise their error – they didn't notice their mistakes sooner!

If you want to succeed fast, you need to be willing to make mistakes fast. And you must learn from your mistakes.

Don't be one of those people who do exactly the same things in the coming months that didn't work in the past, and expect a different result. If you have not achieved the level of success you want, don't be so naive as to think that if you make the same mistakes in the future as you did in the past you'll get a different result. If you want different results, you must allow yourself the opportunity to learn fast and take a different approach.

So, let us evaluate your progress every 6 weeks by measuring your bodyfat percentage and taking your photo. Remember to celebrate your progress and also look for opportunities to do even better in the future. If you're not making progress, we'll make a change, and we will keep changing until you start getting the results you want.

## **MIND-SET #9:**

### **TAKE ACTION!**

Please, don't be afraid of change! Don't do what so many good people do, which is to "accidentally" smother their true potential by clinging to what "seems" comfortable. Success is created by action. People who get results keep moving, even if they're a little fearful! They don't quit. Sure, there are always some forms of inconvenience and stress in your life that seem like they might be obstacles to taking action. Your challenge is to succeed in spite of all this!

Don't wait until you feel "ready" to take on a new challenge. Don't fool yourself into believing now is just "too soon". If you wait until everything is "perfect" in your life before you take action, you'll be waiting forever! The time to do it is now. The longer you wait before you take action, the more you delay the rewards that are rightfully yours. "Wanting" to change is not enough. Do something!

## **SUCCESS STRATEGY #10:**

### **DON'T GIVE UP!**

At times it might seem as if your goals are not attainable, in spite of your best efforts. That's normal – we all feel like that sometimes. In every challenge there will come a time when the going gets tough! You have to break through these barriers! When you do, you will discover they were blessings in disguise. You see, we become stronger because of them!

Remember that as long as you're trying, you have not failed! When it feels like you have given it your best and it is time to let go, just keep holding on. Keep pushing like your life depends on it – it just might. Prove to yourself and others that you are a winner (winners finish what they start)! HONOUR your self-promises! Focus on your reason for deciding to make a change and please do not give up on yourself. No matter what! You deserve to succeed! When you do, you will feel a powerful, peaceful sense of pride and joy which no one can ever take away.

These 10 success strategies are proven principles. When you apply them, they will help you transform your body and life, more in just 12 weeks, than most people do in a lifetime. Please consider allowing yourself the opportunity to feel their positive force first hand.

You owe it to yourself,

**Rod Shuttleworth**

*Founder, Renouf Quick-Results Program*