



**COACH
CORDS**

AWAKENING AWARENESS



**Tips on how to build a resilient mind
through heightened self awareness**

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A woman with blonde hair in a ponytail, wearing a black sports bra and patterned leggings, is captured in a dynamic running pose. She is wearing a smartwatch on her left wrist and has her arms pumping. The background is a plain, light color.

Purpose of this Ebook

The purpose of this ebook is to evolve your way of thinking and doing. It aims to help you build mental resilience by providing you with the necessary tools and knowledge on how to become more self aware, adaptive and in control so that you can stick to your goals and get the most out of life.

However, what you learn will only be of value to you if you actually apply it. Like any skill, if you stop practicing you will lose the strength with it. This ebook isn't just something you read through once, revisit everything you learn so it can live in your long-term memory and your subconscious mind.

The background of the image is a close-up, high-angle shot of ocean waves. The water is a mix of light blue and white, with white foam from the breaking waves creating a textured, bubbly appearance. The waves are moving towards the viewer, creating a sense of depth and movement. In the center of the image, there is a semi-transparent, light orange rectangular box. Inside this box, the word "breathe" is written in a black, cursive script font. The overall mood is calm and serene, suggesting a moment of relaxation or meditation by the sea.

breathe



**Your
thoughts
become
things**

The mindset you cultivate affects every area of your life. From your nutrition, training and also your professional and personal relationships.

The key to being mentally resilient is how you respond when confronted with challenges, setbacks and defeats. Take a good listen to that inner voice when things go tits up. How do you explain events that are occurring and how do you choose to respond and react? Changing the destructive things you say to yourself when you experience setbacks is the central skill of optimism. **Your way of explaining events to yourself determines how helpless or how energised you become when encountering said setbacks.**


A positive and optimistic attitude will open up the doors to many more opportunities for growth. Keep telling yourself that not overcoming every struggle is simply not an option for you.

Life is full of challenges (no surprises there) but **the problem isn't actually the problem itself, its how the problem is perceived.**

The way a problem or circumstance is perceived ultimately determines how much growth, joy and success can be cultivated. At the end of the day, you get to choose your hard. Are you going to level up and keep growing or are you going to do nothing and remain in the same situation? Both circumstances are difficult and have their own set of challenges, and ultimately the choice is yours. It's hard living an unfulfilling life and it's also hard to fulfil your goals and dreams. So, like I said...

you choose your hard.

It takes a strong mind to get you to where you want to be but with enough mental awareness you will begin to notice changes with how you see and react to the world around you, your daily habits as well as how you speak to yourself. The ability to cultivate a growth mindset gives you the opportunity to improve your perspective, thinking, habits and overall quality of life. Resilience is one of the core qualities of a growth mindset.

A woman in athletic wear is shown in a low, powerful stance, pushing a large, textured block. The background is a solid light orange color. The text is overlaid on the image.

**To be resilient means to
be excited by challenges
and to be confident in
your ability to adapt and
rise stronger**

but first...

let's chat about **EFFORT & CONSISTENCY**. If you are looking for results and want to improve your life you need to put in consistent effort. These two are intertwined and here's why:



Effort & Consistency

Effort

Don't just show up. Show effort! This does not only apply to your training but to all spheres of your life. This applies to everything you want to achieve in both your personal and professional life. You may not always have a clear direction but having the will power to figure it out will guarantee more growth than staying stagnant. There is no better feeling than giving your absolute all and if you truly put in the effort then you will reap the rewards. Hands down! So if you feel like you aren't putting in enough effort, go back and relook at your goals. Are they truly what you want or are they things that others want for you? Be honest with yourself, because if your goals are truly for you then the effort should come naturally.

**Effort is the best indicator
of interest**

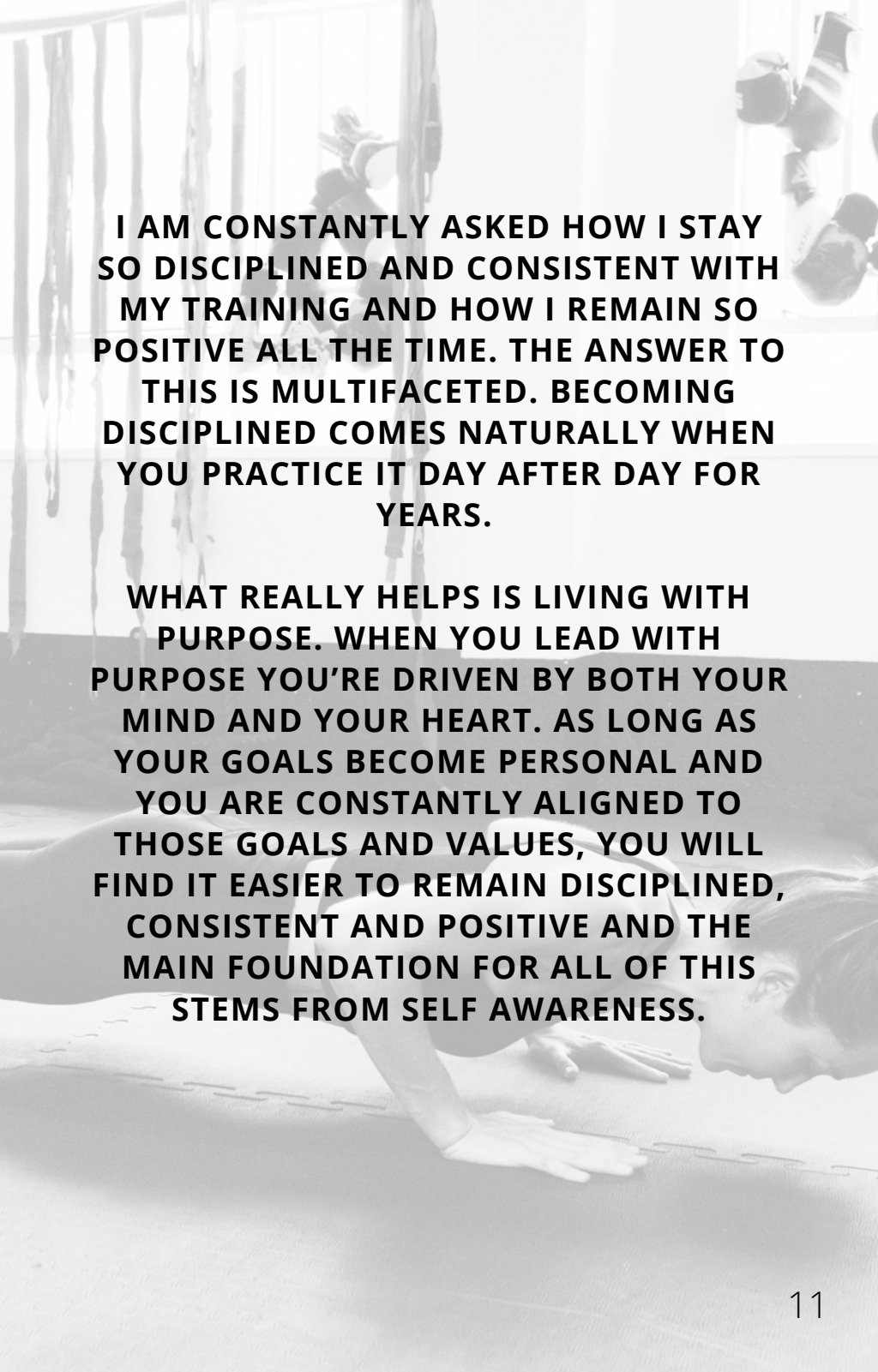
Consistency

Sustaining the level of effort you put in relies on your level of satisfaction. So as long as you showed effort, you will walk away feeling satisfied that you did your best and gave it your all, leaving you feeling proud of yourself. Nothing good comes easy, it takes hard work and dedication to your goals and this is where consistency comes in. You have to take the good with the bad and look for the lesson in every challenge and keep moving forward. There is so much power in repetition so do not underestimate the power of chipping away at your goals each and every day, no matter how small the progress may seem.

**Slow progress is better than
no progress**

The image features a solid teal background. Overlaid on this are several palm fronds, their long, slender leaves creating a pattern of dark shadows and highlights. The fronds are positioned diagonally across the frame. Centered in the upper half is the text "Keep Going" in a large, white, cursive script font. The word "Keep" is on the top line, and "Going" is on the line below it, with the letters of "Going" extending further down the page.

Keep
Going

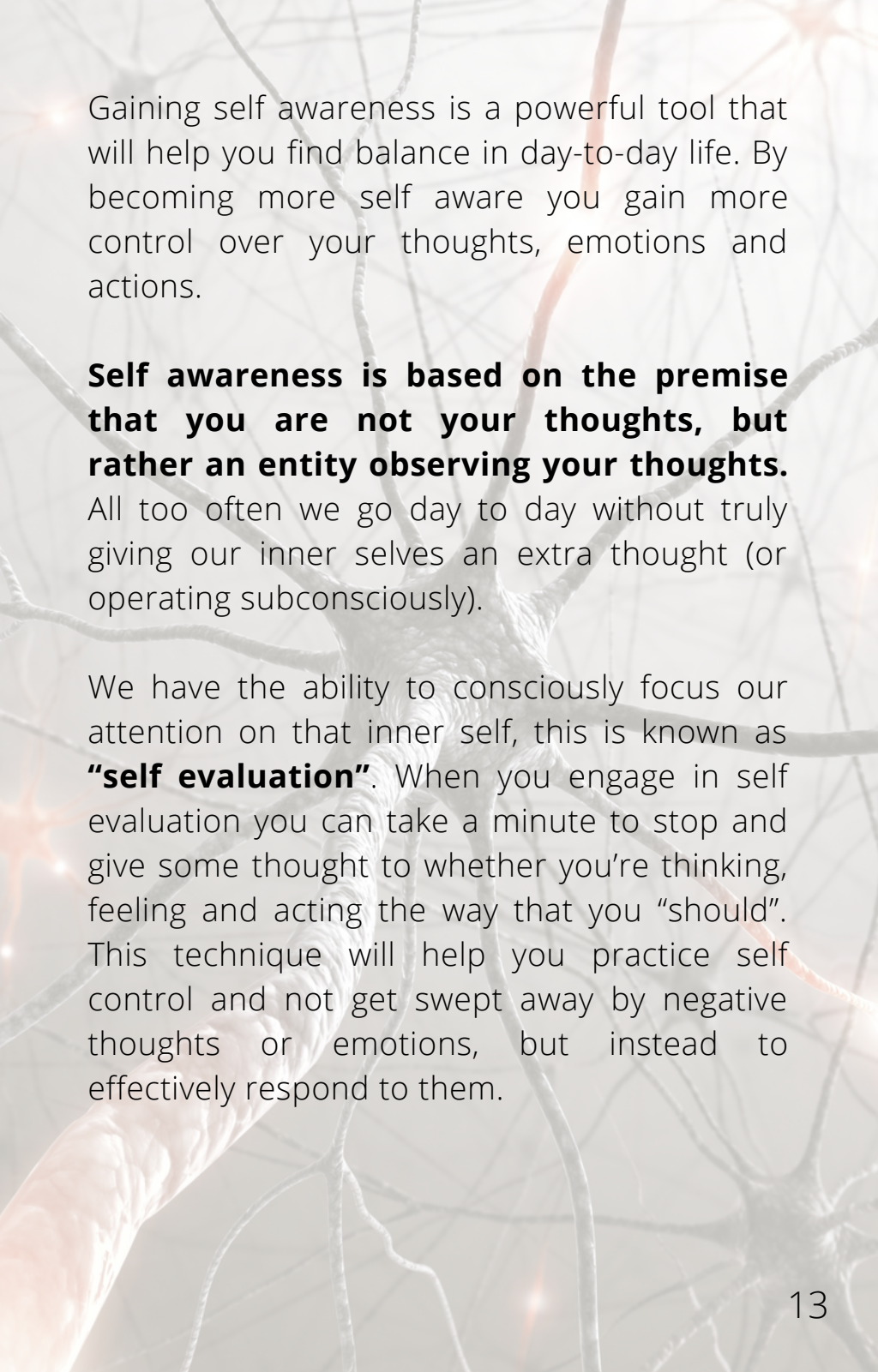


I AM CONSTANTLY ASKED HOW I STAY SO DISCIPLINED AND CONSISTENT WITH MY TRAINING AND HOW I REMAIN SO POSITIVE ALL THE TIME. THE ANSWER TO THIS IS MULTIFACETED. BECOMING DISCIPLINED COMES NATURALLY WHEN YOU PRACTICE IT DAY AFTER DAY FOR YEARS.

WHAT REALLY HELPS IS LIVING WITH PURPOSE. WHEN YOU LEAD WITH PURPOSE YOU'RE DRIVEN BY BOTH YOUR MIND AND YOUR HEART. AS LONG AS YOUR GOALS BECOME PERSONAL AND YOU ARE CONSTANTLY ALIGNED TO THOSE GOALS AND VALUES, YOU WILL FIND IT EASIER TO REMAIN DISCIPLINED, CONSISTENT AND POSITIVE AND THE MAIN FOUNDATION FOR ALL OF THIS STEMS FROM SELF AWARENESS.



Self awareness



Gaining self awareness is a powerful tool that will help you find balance in day-to-day life. By becoming more self aware you gain more control over your thoughts, emotions and actions.

Self awareness is based on the premise that you are not your thoughts, but rather an entity observing your thoughts.

All too often we go day to day without truly giving our inner selves an extra thought (or operating subconsciously).

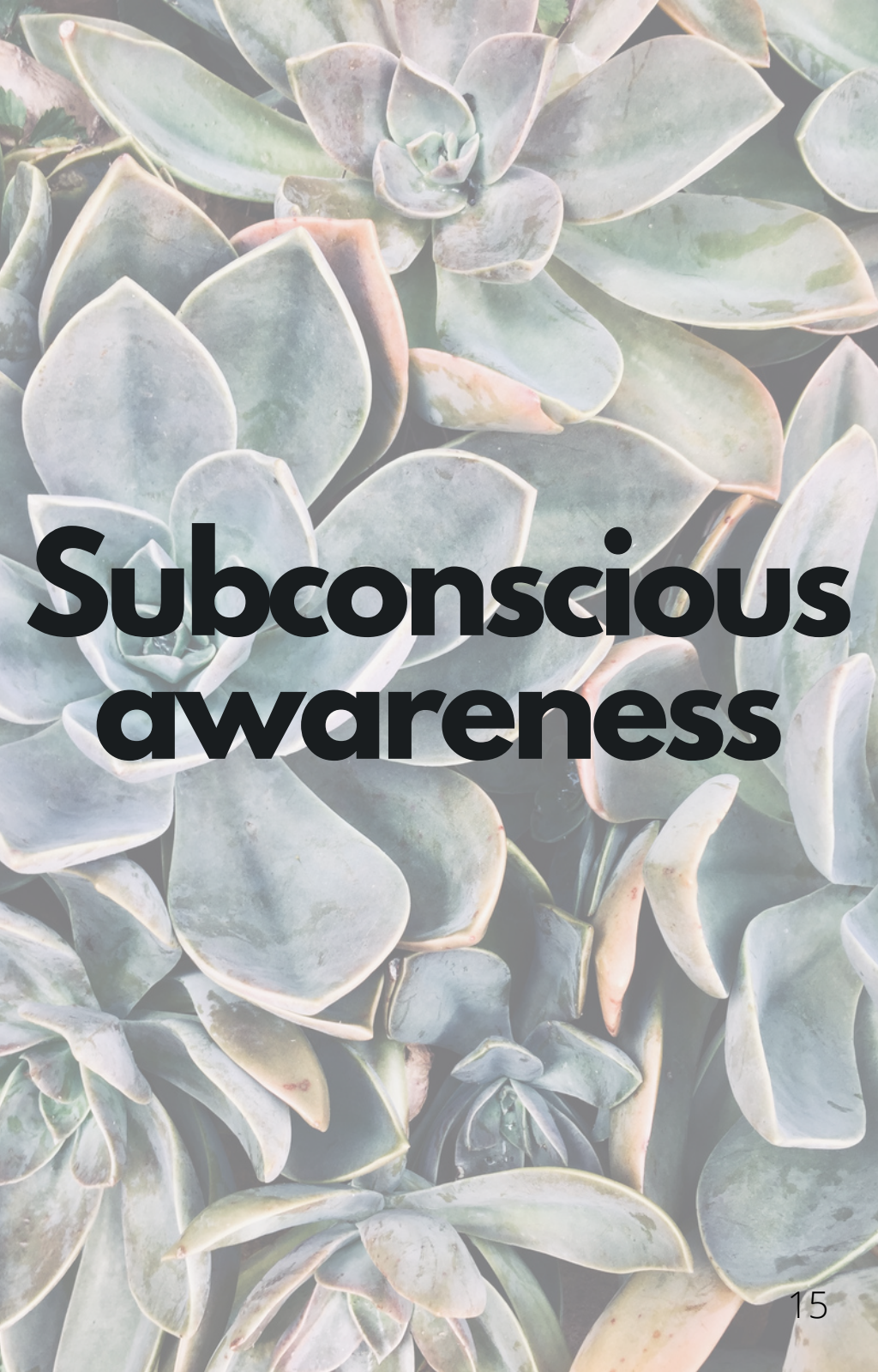
We have the ability to consciously focus our attention on that inner self, this is known as **“self evaluation”**. When you engage in self evaluation you can take a minute to stop and give some thought to whether you’re thinking, feeling and acting the way that you “should”. This technique will help you practice self control and not get swept away by negative thoughts or emotions, but instead to effectively respond to them.

Without self awareness we are technically living blindly. How can we know if we're doing something wrong or what needs to be changed without being aware of it? With awareness you can identify negative thoughts or behaviours more quickly and counteract that through improving your internal dialogue and by changing your perception.


Reprogramming your mind is a constant battle between your conscious and subconscious mind.

**Condition a winners
mindset by doing what
is right, not what is
easy**





Subconscious awareness

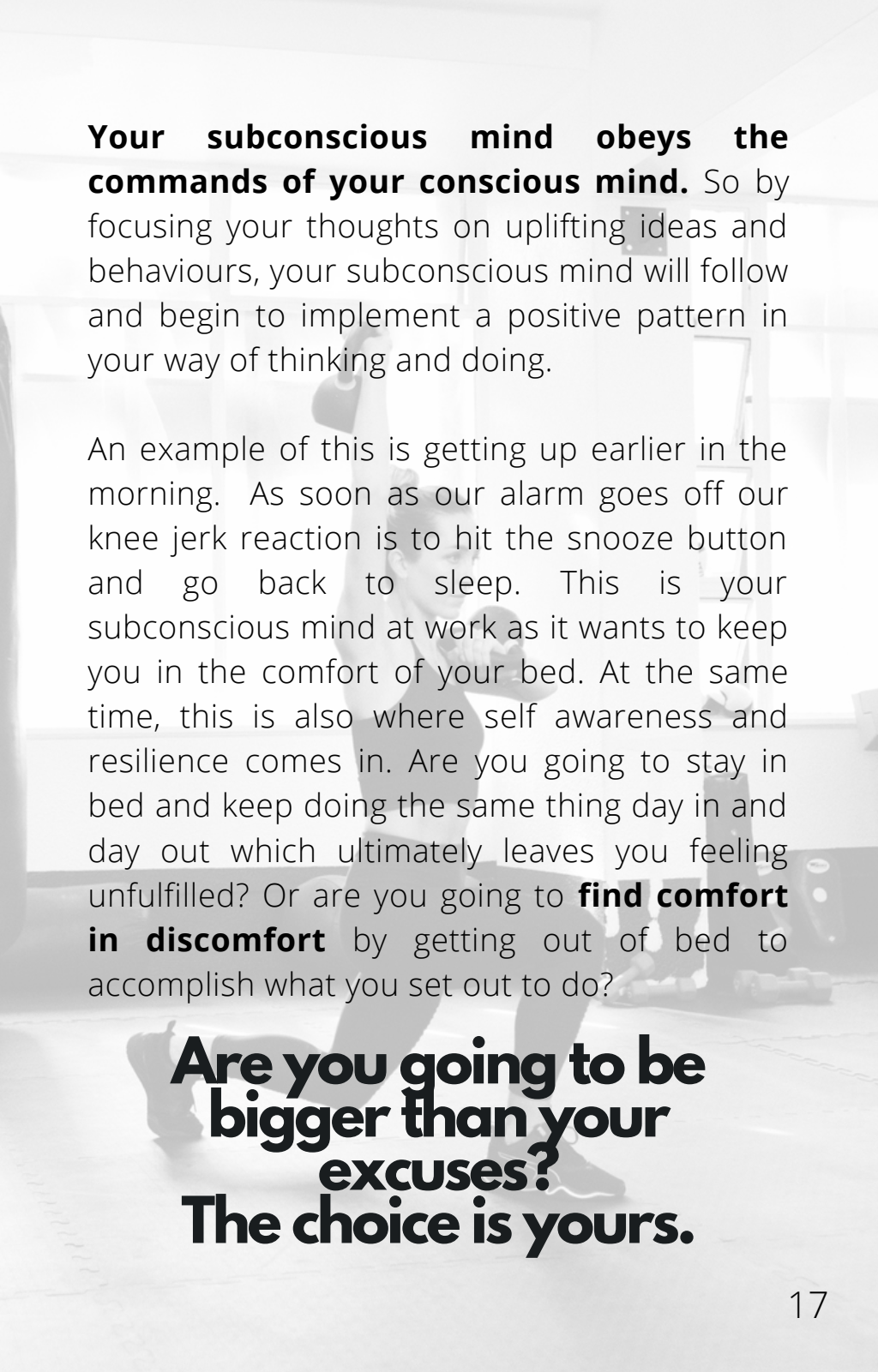


The function of your subconscious mind is to store and retrieve data and its job is to ensure that you respond exactly the way you are programmed. Meaning, it makes everything you say and do fit a pattern consistent with your self concept. It is essentially the gatekeeper to your comfort zone and works hard to keep you in them.

Your subconscious mind causes you to feel emotionally and physically uncomfortable whenever you attempt to do anything new or different from your established patterns of behaviour...

This is why it's so hard for people to quit bad habits and bring about change

This is also why it's so important to instil new comfort zones to which your subconscious mind can adapt to.

A person is shown in a yoga pose, specifically a standing balance pose with one leg lifted and arms extended upwards. They are in a bright, modern room with large windows in the background. The text is overlaid on the image.

Your subconscious mind obeys the commands of your conscious mind. So by focusing your thoughts on uplifting ideas and behaviours, your subconscious mind will follow and begin to implement a positive pattern in your way of thinking and doing.

An example of this is getting up earlier in the morning. As soon as our alarm goes off our knee jerk reaction is to hit the snooze button and go back to sleep. This is your subconscious mind at work as it wants to keep you in the comfort of your bed. At the same time, this is also where self awareness and resilience comes in. Are you going to stay in bed and keep doing the same thing day in and day out which ultimately leaves you feeling unfulfilled? Or are you going to **find comfort in discomfort** by getting out of bed to accomplish what you set out to do?

**Are you going to be
bigger than your
excuses?
The choice is yours.**



SELF
CARE
ISN'T
SELFISH

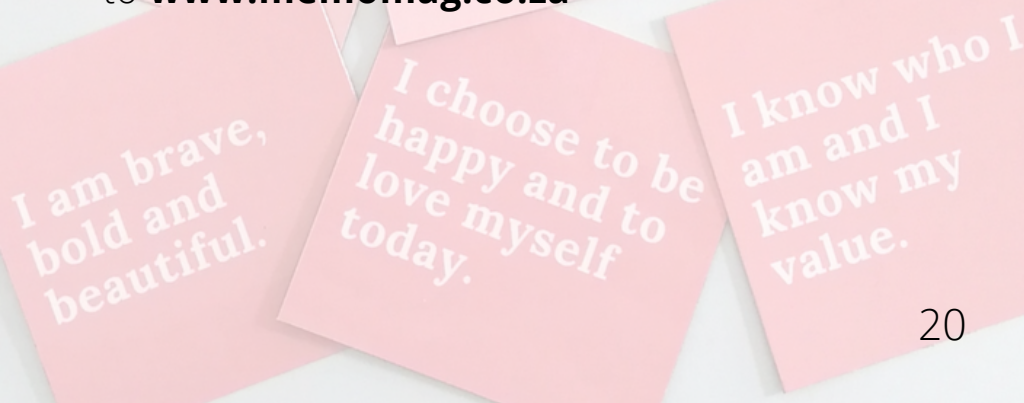


3 ways to improve your subconscious mind

Repeating positive affirmations

Harnessing the power of positive thinking is not only crucial, but it is also the foundation of your entire thought process. The things you silently think or say to yourself on a daily basis have a profound influence on you and how you see yourself and the world around you.

It's important to remind yourself of all the fortunes that you have and having a set of positive affirmations is a great tool for this. I can highly recommend getting a set of affirmation photo magnets from Memomag (proudly South African business which launched in the middle of lockdown! How's that for resilience and inspiration?!). You can get your set of affirmation magnets by heading to **www.memomag.co.za**



Journaling & creating a gratitude list

This is a great way to help keep you positive and remind yourself of all the good things going on in your life. Journaling is one of the best ways to improve your self-awareness and self talk by allowing you to visually evaluate what is going on in your mind and your life. You will also be more likely to notice behavioural patterns that are getting in the way of achieving your goals, hence it is a great way to train a positive and resilient mindset.

On the first page of your journal you can create a gratitude list. Examples of this can include things like your family, the healing power of nature, having an able body and access to food, water and shelter.

Try to write down 3 things that you are truly grateful for every morning and let the results speak for themselves.

Exercising

This is so powerful because movement has the ability to boost your mood and energy. Not only does it have a positive impact on your mood, it will also leave you feeling stronger, empowered and that you have accomplished something (lets not forget about those endorphins, too!).

Once you shift your full and undivided attention away from the number on the scale and focussing more on how you feel within yourself and in your clothes, and enjoying the process of exercise is when you truly start seeing results. If you can shift the mindset of exercise as being a "task that you have to do" to praising and being thankful for a capable and able body and what it can do, you will be amazed at how quickly you will progress. **Lets rather see exercise as a reward for what we are capable of rather than "punishment" for what we had for dessert last night.**

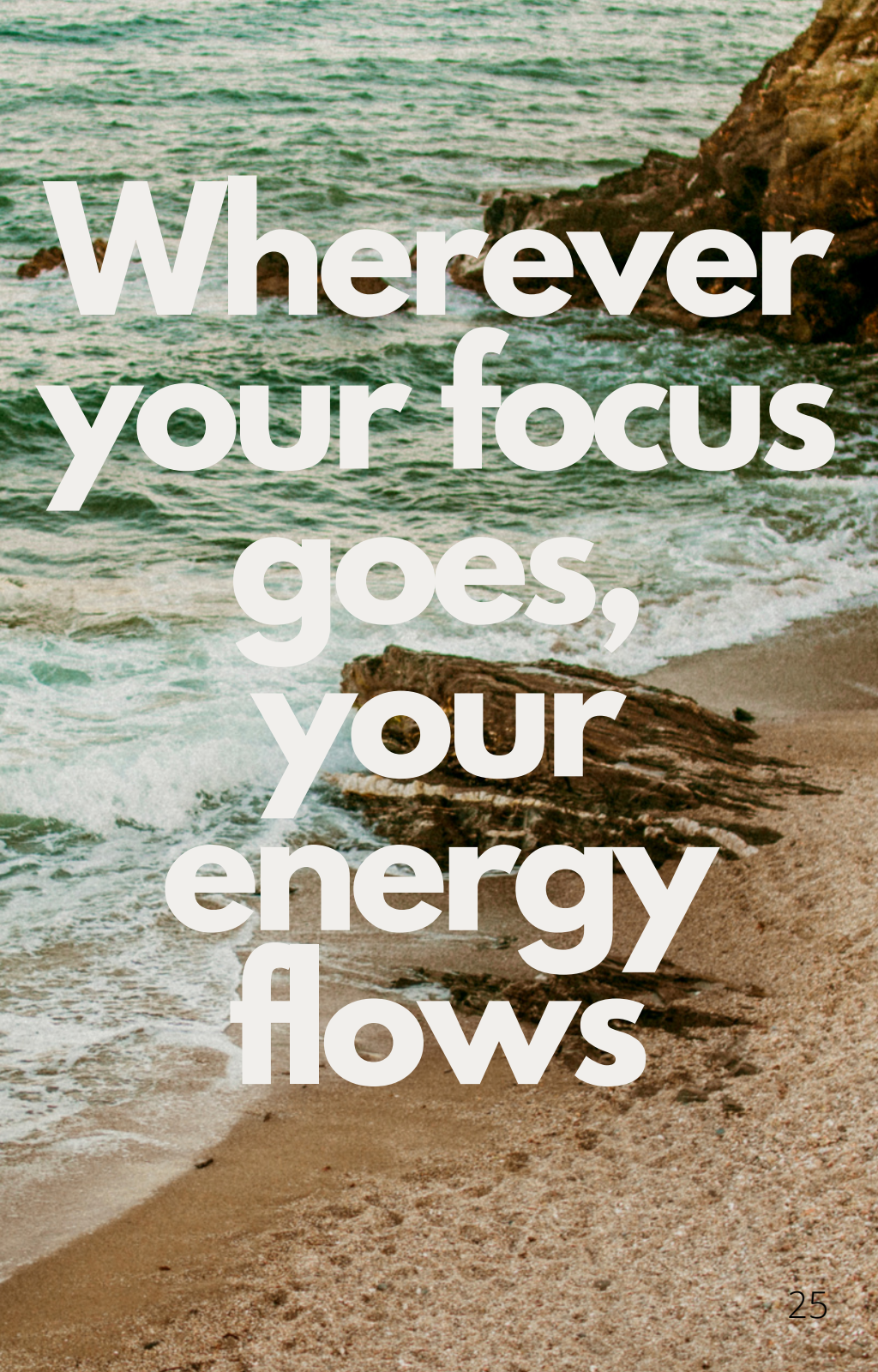
The background is a light pink color, decorated with various abstract brushstrokes and shapes in teal, yellow, red, and white. A large, thick yellow stroke curves around the text. There are several small yellow dots near the top, a cluster of red dots on the left, and a group of teal dots at the bottom right. A white cloud-like shape is on the left, and a red shape is at the bottom left.

You've
got
this!

Going into this new journey it is important to be fully aware that **there will be some speed bumps along the road, and that is perfectly OK!** What is not OK is if you do not re-strategize your plan and keep making the same mistakes over and over again.

A huge part of this process is to believe in yourself and accept the discomfort that will come. When the negative thoughts creep in (which they will), I need you to be aware of these thoughts and immediately reject them. **Reverse the negativity and reengineer your mind by practicing positive self talk and by repeating your positive affirmations to yourself.** If you remain consistent with this practice by putting in the effort and keeping your main goal and the bigger picture in mind, you will become a stronger and more resilient version of yourself sooner than you think.

**Remember, you are not
your thoughts, you are
your actions.
Be resilient!**



**Wherever
your focus
goes,
your
energy
flows**

THANK YOU!

Thank you for downloading this Ebook. I truly hope that you can take something away from this. Your mind is your home and it holds the power to how you see yourself, the world and others. In saying that, it can either empower or cripple you, depending on how you manage it.

Evolving and changing your behaviours and thinking patterns won't be easy, so what's important is that you appreciate the struggles that arise because every challenge offers you the opportunity to learn, adapt, grow and evolve. Remember to be patient with yourself because this isn't a quick fix, it is a long term commitment.

I believe in you! Now get out there, work hard and own it!

With love and encouragement,



LET'S GET CONNECTED



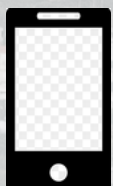
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