

Speaker 1:

Hey friends, I'm back, let's talk about this most important muscle you can train. Guess what we do here at fit body boot camp. We train your muscles, but we also train your mindset. But there's also one more muscle that we train and that is the gratitude muscle. Truly, if there's any one thing you can do while you're doing these at home workouts right now and we're all a bit isolated and we're all a bit quarantined and we're all a little worried right now, is to begin to work on your gratitude muscles because it's so easy to get scared. It's so easy to start worrying. It's so easy to start kind of going into fear and doubt and uncertainty. And the only thing that's going to pull us out of all those negative feelings are gratitude. So here's a little trick that I do that I want to pass along to you, and it is a mindset message of the day. You ready?

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I want you to pick three people in your life that you're grateful for and just really picture them, visualize them in your head. Why are you grateful for them? What have they done? Have they inspired you to be your best self? Have they just voted you, giving you their vote of confidence when you didn't have confidence? Did they maybe help you financially during the time when you just needed that financial help? I want you to think of the three people who have really made an impact on your life, and I want you to send a text message to them, just a gratitude text message. Send that to them right after this video and then watch what happens when they send you a response back. Immediately, your state of mind is going to change, and if you're in a bit of a funky state of mind, it is going to take you to an awesome state of mind. All right, so work on those gratitude muscles and watch how quickly you go from negative to positive. See you tomorrow.