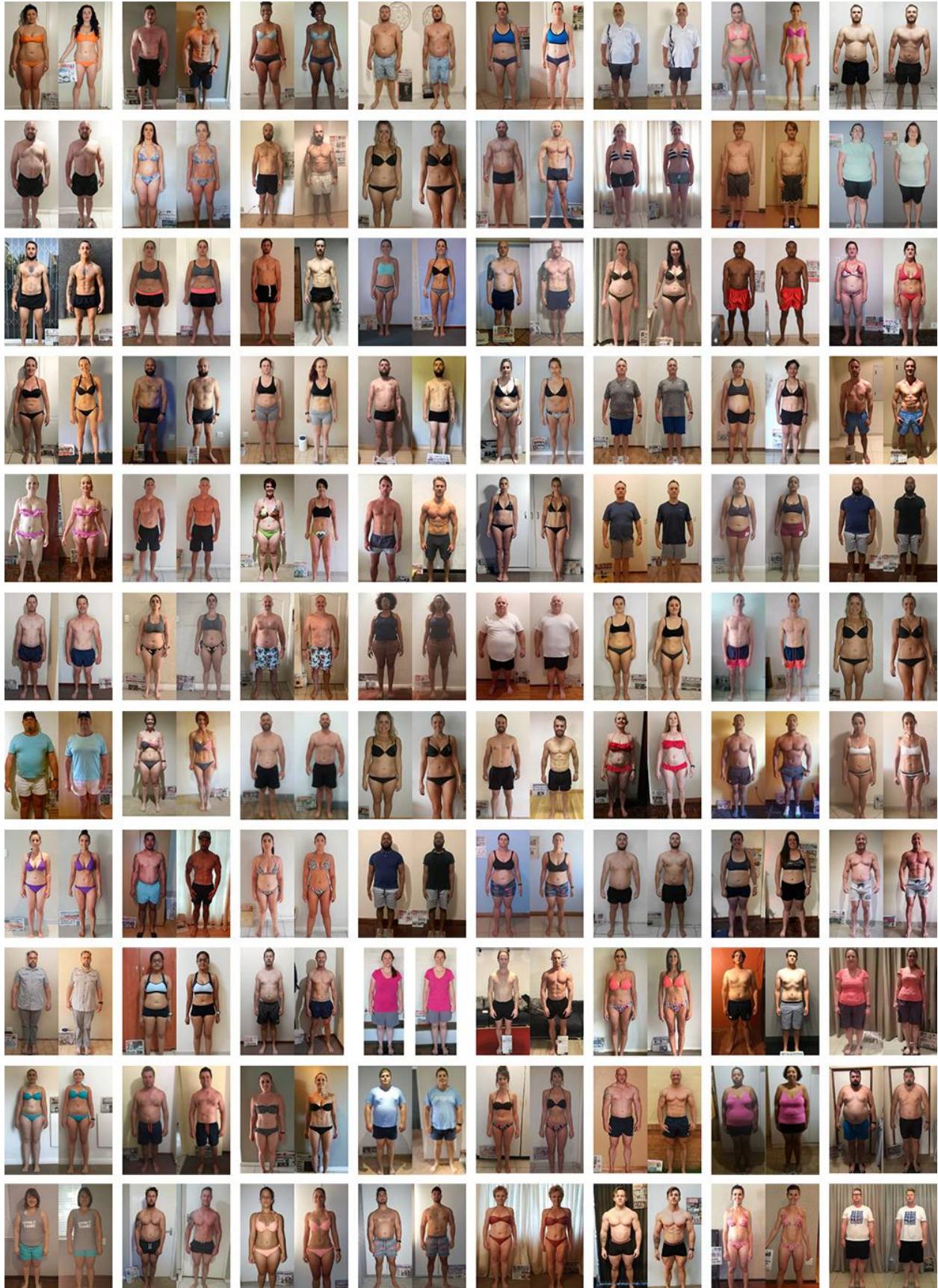


# **SLEEK GEEK** **HEALTH REVOLUTION**

## **DAY 2: MINDSET**

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### **SECRETS OF BODY TRANSFORMATION 4-DAY COURSE**



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# SECRET #1

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**FIND YOUR  
WHY.**

## SECRET #1: Find your why.

Perhaps one of the biggest secrets behind body transformation is knowing exactly WHY you are wanting to change.

When we help clients find their why in the [Sleekgeek Coaching Program](#), they first give us answers like:

- “I want to lose 10kgs.”
- “I want to run 5km without being out of breath.”
- “I want to look good on the beach.”
- “I want to fit into smaller size clothes.”

Those are all great ways to get started!

Imaging yourself thinner, fitter, better looking, and more comfortable in your clothes can easily give you a big boost in motivation!

In the short term...

But what about when life gets “messy”?

You know, when work is stressing you out, you’re sleep deprived, finances are tight, emotions are all over the place, and willpower is at an all-time-low?

It’s times like that where “wanting it” is just not enough.

**So what’s REALLY at stake?**

I’d like to take you through the “5 Whys” exercise.



It's very simple and really cuts to the core of why we want or do something.

When you want to accomplish a goal, you ask yourself "Why?".

Then, with whatever answer you come up with, you ask yourself "Why?" to that answer. So on until you've asked yourself "Why?" 5 times.

I think you'll be surprised with what you find...

Here's an example of the "5 Whys?" exercise in action from a coaching client.

She said that **she wanted to lose weight**, so we asked her "Why?" 5 times:

**WHY #1) Why do you want to lose weight?**

- "Because I want to fit into a smaller size of pants."

**WHY #2) Why is that important to you?**

- "Because when I'm wearing smaller pants, I think I'll look better."

**WHY #3) And why is that important?**

- "Because when I look good, I feel good about myself."

**WHY #4) And why will that make a difference?**

- "Because when I feel good about myself, I'm more assertive and confident."

**WHY #5) And why will that matter?**

- "Because when I'm more assertive and confident, I'm in control and better able to get what I want out of life."

WOW! As you can see, that's a LOT of insight for a few little questions.

For this client, wanting a smaller size of pants really meant being in charge of her life and living it to the fullest.

**That's how you stay motivated!**

For that client above, if she quits on her goals, she doesn't just lose out on the smaller pants size...

She loses out on being more confident, more assertive, more in control, and better able to get what she wants out of life!

Most people who set out wanting be thinner, fitter, better looking, and more comfortable in their clothes might ACTUALLY want to:

- Be thinner, so that they could feel more respect and loved.
- Be fitter, so that they could live long enough and be well enough to play with their grandchildren.
- Be better looking so that they could have a better relationship with their husband.
- Be more comfortable in their clothes so that they could have a successful and fulfilling career.

So...

**I wonder what YOU have really been quitting on every time you have given up in the past?**

Now it's your turn:

- 1) Ask yourself ***“WHY do you want to achieve your health and fitness goals?”***
- 2) Then ask yourself ***“And WHY is that goal important to you?”***
- 3) Then ask yourself ***“And WHY is that important?”***
- 4) Then ask yourself ***“And WHY will that make a difference?”***
- 5) Finally, ask yourself ***“And WHY will that previous thing matter?”***

**SECRET #1 TAKEAWAY:** When you have a much deeper and more significant reason behind why you are doing something, it's so much easier to push through when times get tough. If you can find a way to remind yourself of your 5th “Why?” every single day, then it will help you stay motivated on the bad days and get even better results on the good days.



# SECRET #2

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**YOU HAVE TO  
CHALLENGE YOUR BELIEFS.**

## **SECRET #2: You have to challenge your beliefs.**

**The key to changing your body is changing your identity and beliefs about yourself.**

Right now, you may not feel like a fit or healthy person...

Or you may not believe that you can truly achieve your goals...



That's OK.

We're going to help you remove some of these obstacles and help you tell a better story about who you are and what you're capable of achieving.



**It's important to know that every single successful person out there has had to overcome their own limiting beliefs in the past** (and likely still struggles with some to this day).

Maybe you have some sort of script about what kind of person you are right now, or you tell yourself negative stories about what you can't do...

Instead of telling you that it's not true, we just want to point out that we at Sleekgeek went from having those kinds of stories in our heads, holding us back, to where we are today.

For example, just look at our 3 coaches in the [Sleekgeek Coaching Program](#):



- **Eric** (pictured left – co-founder of Sleekgeek) grew up overweight and firmly believed that being fit / thin / healthy /confident was simply not possible. Now he's in the best shape of his life, living what seems to be a nearly effortless healthy lifestyle and has the confidence that he can achieve anything that he sets his mind to.
- **Elan** (pictured middle – founder of Sleekgeek) believed that he could not talk to strangers and offer them anything of value. Now he is the very public and outgoing leader of the Sleekgeek Health Revolution, confidently striking up conversation with anyone and everyone.
- **Sylvia** (pictured right – fostered over 80 abandoned, hurt, and abused kids since 1998 and is now a mom to 11 adopted children) believed that her own life wasn't worth anything and drowned her sorrows with self-destructive behaviours. Now she feels at peace, loves who she is, and feels free to just be who she wants to be while helping others to do the same.

No matter what your script is for your life, you CAN change that if you want to.

We're going to help you!

### **What are your limiting beliefs?**

Spend some time now thinking about what your limiting beliefs might be.

- Maybe you don't believe you can ever stick to eating healthily for very long...
- Maybe you don't believe you look like the kind of person who belongs in the gym...
- Maybe you don't believe you deserve to be happy and successful...
- Maybe you don't believe you are the kind of person who does active fun things on the weekend...

### **What is this causing you to miss out on?**

This is where your 5 Whys come in again. Why are you REALLY wanting to transform your body?

Whatever your limiting beliefs are, what are they holding you back from achieving?

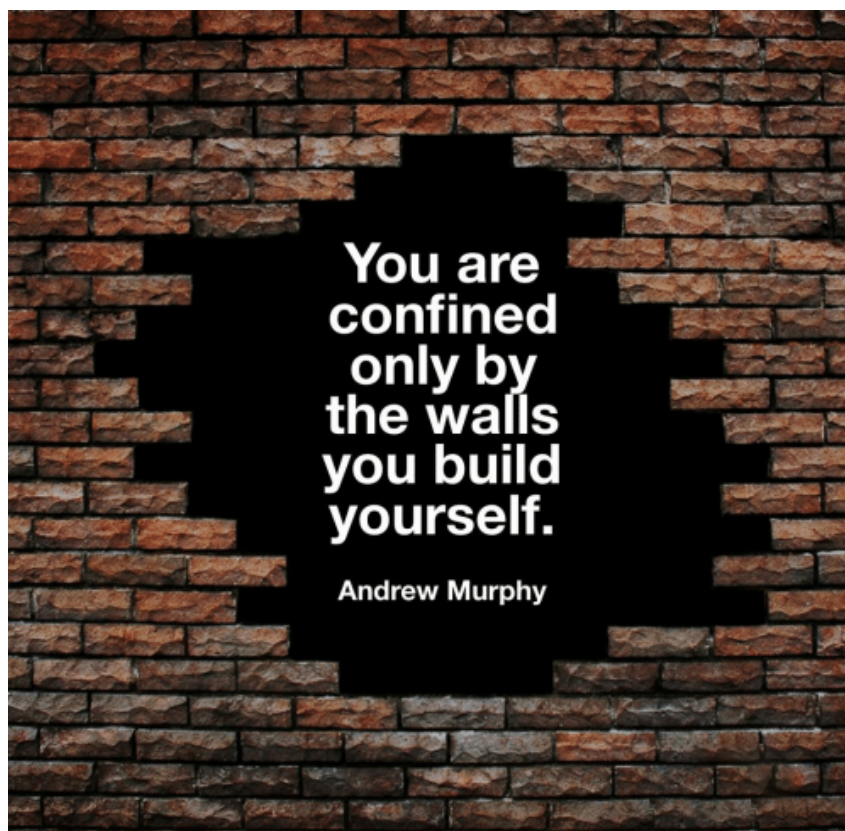
It's time to challenge these beliefs and write a new story about what kind of person you are.

**Prove your beliefs wrong:**

One of the easiest ways to challenge these limiting beliefs is to think about times in the past when you've done something hard or been super successful.

- Maybe you're an amazing mother or father?
- Maybe you're super successful at work?
- Maybe you learned to play a musical instrument or speak a new language?
- Maybe you overcame tragedy and loss?

All of these things prove that you CAN do hard things and you CAN be successful and you CAN overcome any challenge that comes your way.



**SECRET #2 TAKEAWAY:** Very often, the biggest thing holding you back from being successful is your mindset and the limiting beliefs that you have about yourself. Every successful person out there has had to overcome their own challenges and limited beliefs, you can too!



# SECRET #3

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**UNLOCK  
“FUTURE YOU”.**

## SECRET #3: Unlock the “Future You”.

We just covered limiting beliefs in Secret #2 above.

These were all of the invisible scripts and negative stories that you have running inside your head about what kind of person you are or what you can and can't do.

They almost always aren't actually true, but they can cause you to miss out on living your best life (remember your 5 Whys?).

One of the easiest ways that you can overcome these limiting beliefs is to simply **spend some time replacing them with more positive, enabling beliefs.**

After all, this is your journey and your life story. You get to write the script!



The “Future You” represents the potential that having positive beliefs about yourself unlocks.

We know it sounds cliché, but when it comes to your goals, your mindset matters HUGELY.

As Henry Ford once said, *“Whether you think you can or you think you can't, you're right.”*

The more that you believe you can achieve something, the more confidently and fearlessly you will take action towards it.

So, what if you took away some of those limiting beliefs and replaced them with more positive ones...?

## 12 Months into the future:

Imagine that it's 12 months later.

You've had an incredible year and successfully achieved so many of your goals. You're now living as the "Future You"...

- What kind of person are you?
- How do you feel?
- What are you doing or what can you now do?

We want you to really dream big! Be fearless and ambitious. Get excited!

Are you a more confident and energetic person? Do you now trust yourself and your ability to stick to the promises that you make to yourself? Do you feel happier and more successful and loved? Are you able to go out hiking and play pain-free with your kids? Are you able to be a better leader or role model?

Let your imagination run wild!

**SECRET #3 TAKEAWAY:** Everyone struggles with limiting beliefs, but the most successful people learn to replace them with more positive beliefs that enable their success. Imagining the "Future You" is one of the best ways to do this. It represents the potential that having positive beliefs about yourself unlocks and gets you excited about overcoming your challenges.



# SECRET #4

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**GET 1% BETTER.**

## SECRET #4: Get 1% better.

Look, we're going to be real with you... Change can be HARD!

And it certainly doesn't happen overnight.

However, we can START changing overnight. In fact, we can choose to start changing immediately through our mindset and daily actions.

This is where the "1% Rule" comes to the rescue.



**Sleekgeek Health Revolution**

@SleekgeekSA



### **1% BETTER RULE**

Close the gap between who you are and who you want to be by getting **1% better**.

Pretend that **every time you do something, you become 1% more of that kind of person.**

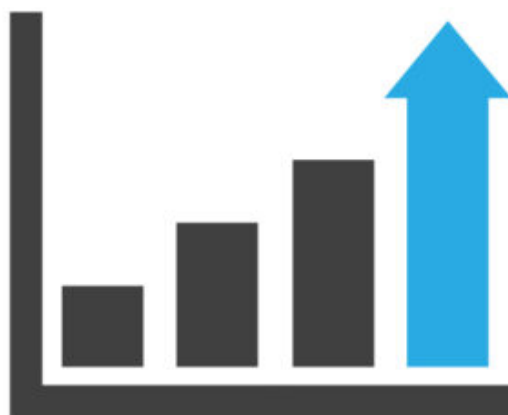
Every time you **workout**, you become **1% more of the kind of person who works out.**

Every time you **skip a workout**, you become **1% more of the kind of person who skips a workout.**

**The 1% Rule makes the transition between you who are and who you want to be more do-able and sustainable.**

The way it works is you pretend that every time you do something, you become 1% more of that kind of person.

- Every time you drink a glass of wine, you become 1% more of a wine drinker.
- Every time you choose not to drink wine, you become 1% less of a wine drinker.
- Every time you go to the gym, you become 1% more of a gym goer.
- Every time you skip the gym, you become 1% more of a gym-skipper.
- Every time you get angry, you become 1% more of an angry person.
- Every time you choose to calm down, you become 1% more of a calmer person.
- Every time you plan ahead, you become 1% more prepared.
- Every time you fail to plan ahead, you become 1% less prepared.



**What we do repeatedly builds our identity and the beliefs that we have about ourselves.**

As Jim Rohn once said, *“Success is nothing more than a few simple disciplines, practiced every day; while failure is simply a few errors in judgement, repeated every day.”*

**SECRET #4 TAKEAWAY:** Change doesn't happen overnight. However, we can START changing overnight by working on getting 1% better. In fact, we can choose to start changing immediately through our mindset and daily actions.



# SECRET #5

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**BE YOUR OWN  
BIGGEST FAN.**

## SECRET #5: Be your own biggest fan.

Most of us are our own biggest critics.

- We hold ourselves personally accountable for bad events that happen.
- We berate ourselves and beat ourselves up every time we make a mistake.
- We layer on the guilt and self-loathing every time we make the wrong choice.



This can actually get really ugly at times.

- We call ourselves horrendous and disgusting names.
- We tell ourselves that we will never achieve our goals.
- We even decide that we don't deserve to be happy or successful.

All because we're human.

Not perfect.

**Say it to someone else:**

Imagine your **best friend**, or **daughter**, or **brother**, or **mother** was struggling...

Imagine they came to you and said that:

- They were so sick of screwing up all the time.
- They hate themselves and are so useless.
- They feel so stupid for making the same mistake over and over again.
- They want to punish themselves and find some way to repent for their mistakes.
- They think they should just stop trying because at this point they don't even deserve to be happy anymore.



What would you do?

- Would you agree with them?
- Would you help them beat themselves up?
- Would you join them in calling them some creative ugly names?
- Would you tell them to just give up and they're too stupid to do this?

**We're guessing that you wouldn't do that at all. In fact, you'd do the opposite, right?**

You'd immediately defend them, you'd support them, you'd tell them it will be OK, you'd encourage them to try again, you'd lend them a helping hand and show them support.

### **So why don't we do this with ourselves??????????**

If we would NEVER EVER say these kinds of horrible things to the people that we love and care about, why do we say them to ourselves?

Why are we our own biggest critics?

### **Negative self-talk doesn't work!**

Beating yourself up and talking negatively about yourself feels productive and like it will make you do better next time.

But in fact, the opposite is true.

Negative self-talk creates even more stress and even poorer performance.

It stops you from learning. It stops you from being creative. It stops you from problem-solving. It stops you from doing better.



Negative self-talk doesn't make you better. It makes you worse.

It breaks you down. It makes you weaker.

It's not a great strategy for success.

So here's a crazy idea: **What if you tried to do the opposite instead?**

**Be your own biggest fan:**

Rather than being your own biggest critic... Try being your own biggest fan!

Rather than beating yourself up and making yourself worse... Try giving yourself a helping hand and cheering yourself on.



Flip the script from talking so negatively about yourself to talking more positively.

Have some compassion and patience. Point out your past successes. Look for signs of progress no matter how small. Affirm to yourself that you can do better next time and that you can be successful.

If you aren't sure of what to say, just imagine you were talking to a loved one who was struggling instead. What would you say to them? How would you make them feel?

Even if you can't bring yourself to be overly positive, at the very least stop being such a jerk to yourself. No one likes bullies.

**SECRET #5 TAKEAWAY:** Negative self-talk doesn't work, it only breaks you down and makes you weaker. So flip the script and try the opposite instead. Be your own biggest fan!

## Next Steps:

Stay tuned for Day 3's lesson on the Secrets of Body Transformation.

In the meantime, come put your new knowledge to the test in the [Sleekgeek 8-Week Transformation Challenge](#)!



We've been running this challenge 3 times a year since 2012 with **34 challenges** run to date with over **30,000 challengers** taken part, over **34 tonnes** of weight lost, and over **R3.5 million** in prizes given away!

The 4 x 1st place prizes are R10,000 cash each. You could be the next winner!

The next 8 weeks are going to pass whether you like it or not, so why not use the time to get leaner, fitter, healthier, and happier?

Plus, you'll get so much more content just like this in our full Transformation System.

Click the button below to become an official Challenger in the [Sleekgeek 8-Week Challenge](#)!

 Sign Up

