IS YOUR *MIND* HEALTHY?

When people speak of getting healthy, they primarily focus on the physical body. In the minds of the masses, getting healthy means eating right, exercising regularly, and getting plenty of rest. Organic foods and yoga classes are great for sure, but health begins in your mind.

Stress, worry, fear, and bad habits all stem from an unhealthy mind. If you don't get your head straight, the odds you'll take care of your bodily health are slim. Here are a couple of tips for good mental health.

First, make two decisions. Decide what changes you'd like to make in your life that will lead to greater health and chose to believe you will reach your goal. **A common self-sabotage is expecting to fail before even beginning.** New Years Resolutions are a great example of this. If you expect to fail, you will. Instead, expect to succeed and then take your first step.

Second, focus on the outcome you want and frequently imagine attaining it. **Another major self-sabotage is focusing on the all the steps necessary for reaching your goals, the length of time it will take, and all the obstacles in your way**. Instead, keep your eyes on the prize and take it one step at a time. Every garden has weeds, yet to make the garden beautiful, you must place your attention on growing the flowers. Energy flows where attention goes and a healthy body always begins with a healthy mind.

Tim Shurr, MA, is America's expert on self-sabotage. He is an award winning speaker, coach, and author of ***Get Out Of Your Way: How to eliminate self-sabotage and win your life!*** For more tips on creating a healthy mind, visit www.EliminateSabotage.com and get your free e-book, "***9 Ways People Sabotage Themselves and How To Overcome Them!"***

Tim Shurr, MA
Commander-in-Chief
Shurr Success, Inc.
317-579-7500