

# Genesis and Change

By Samantha Gilman

Change is a necessary key one must be open to and grow with to be successful on the Genesis Program. You have to really want your healthy, lean, and strong self to emerge!! The Genesis Program is quite simple really. Eat whole foods, drink water, exercise, and listen to and comply with your coach. It is our minds that get in the way and make it so difficult to achieve our goals and to stick to the program. Change can be very difficult for many people because it involves being responsible for their own attitudes, habits, and beliefs.

The first step towards successful change is the ability to be diligent with your awareness so that you can observe and examine what your patterns are. Only then can you be responsible and accountable for how these aspects have impacted where you are currently at with your health, weight and fitness level. This is one reason that diets are not successful because they don't work on changing habits, challenging your beliefs, or shifting to having healthier attitudes. Diets just tell you what to do and eat for the short term, they are not sustainable and are not based on health. Genesis is NOT a diet but a program that requires change on many different levels for long lasting health and fitness.

Your habits, attitudes, and beliefs either work for you or against you each day in every area of your life. A habit is an action done on a regular basis. This action is performed repeatedly and automatically, usually without awareness. You can turn your negatives into positives by changing your habits now. Your transformation gets put into motion the moment you choose to embark on this journey. Change takes an instant to occur and time to cultivate. It will take patience to see your changes mature to where you can enjoy the fruits of your improvements.

Taking time to look at your attitudes is another step towards positive change. Our attitudes are our perspective or unique way of looking at things. It is easy for us to have a positive attitude when the results are in our favor but successful people choose a positive attitude when it counts the most – in the face of difficulty. So no matter what the scale says it doesn't bother them because they know it is just “data”. What the scale says does not impact their attitude for the day. They are empowered and responsible for creating their outcome. They visualize, feel, and think of themselves as having met their goal. Changing the words you use and the things you tell yourself can change the way you think, act, feel, and what you manifest in your life. Words and thoughts are incredibly powerful. They can help or hurt, motivate or discourage, build or destroy. The fact is our words and thoughts can physically affect our bodies as well as our minds.

Beliefs are directly involved with our mind/body connection and are also our unconscious programs that control our behavior. The beliefs that limit us the most are usually the ones we are not even aware that we have. You weren't born with any beliefs. You acquired and developed all of them over time and through your experiences and influences. Do you realize what that means? You have the power to change an old belief or acquire a new one anytime you choose!! What you believe is possible and what you believe you are capable of will affect your success in everything you do, especially Genesis.

Unhealthy habits, attitudes, and beliefs that are ignored and left to continue to simmer below the surface will lead to self sabotage and procrastination. Those aspects that interfere with us achieving our success and goals must be dug out, ripped out, let go of, and replaced with positive constructive ones. Flushing these out takes honest self analysis and self examination. This is definitely not always an easy path to take. However, it is extremely empowering and to take these steps in your own healing results in rewards that far outweigh the discomfort of change.

Lastly, eliminating excuses and shifting your thoughts toward personal responsibility, possibility, choice, and win-win scenarios will also ensure your success on Genesis. Find solutions and be proactive in choosing to embody the change you want to see in yourself! Remember this shifting is not done all at once in the Genesis Program. One must take baby steps for long-lasting results and success. What you will receive in return on this profound journey is a transformation of your beautiful and worthy self!! I promise you the dedication, hard work, patience, and commitment will result in you feeling and looking your absolute personal best and this is PRICELESS!!

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