

JULY/AUGUST 2011

# fitness first

FOR GUYS & GIRLS

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## **INSPIRING SPECIAL:**

*CREATE THE BODY YOU WANT*

UNDERSTANDING ANTIOXIDANTS

**HOW TO KEEP THE WEIGHT OFF**

## **TRAINING 101**

- + KETTLEBELLS
- + FOAM ROLLERS
- + MOBILITY EXERCISES
- + PART 4 OF OUR 6-PART TRAINING PROGRAM

# ANDY RODDICK

**WHY WE LOVE THIS TENNIS ACE**

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**TECH GEAR SPECIAL:**

**WHAT'S NEW  
WHAT'S HOT  
& WHY!**

THE TECHNOLOGY ISSUE

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## step 1

# SET THE GOAL. IGNORE THE LITTLE VOICE!

We have been setting goals our whole lives, and when we weren't, others were doing it for us; parents, teachers, coaches, friends; all for different reasons, and all with different ideas. The truth is, goal setting can be easier than you think.

**MOTIVATION THAT RESULTS** in goal setting can be a result of disappointment, such as seeing an unflattering photo of yourself or clothing that won't fit; or via inspiration, such as meeting someone who you aspire to be like. Goal setting can be as natural a reaction to disappointment or inspiration as eating is when you're hungry.

So if the setting of the goals can be so simple, and motivation levels to achieve them can be simultaneously high, what is it that stops us stepping off the goal platform and into the depths of actually doing what needs to be done to achieve them?

Two-time Australian Olympic bobsleigh champion, Jeremy Rolleston calls it 'the little voice' – something he realised after speaking with fellow Olympian Herb Elliot about the race that won him gold and the world record in Rome 1960.

He explains: 'I recall Herb saying "we got to the halfway mark, and I can still remember the white line – the finishing line – going under my feet, and thinking, "two laps to go". This was the moment when I would kick as per my pre-race plan. I guess that I, like most other people, would've thought that at that moment I'd have a voice inside me saying, "Herb, this is your moment! This is the time that you're going to establish your superiority ... Show these guys a clean pair of heels; leave 'em behind ... Show 'em what you're made of ... Give yourself the opportunity after all the work you've put in over the last four years!" And a voice did come into my head, but it said "Herb, you're bugged! ... Look, you don't expect to feel this tired at this point, so why go to the front now? Why not wait another lap? Stay where you are, in fourth position, and wait until the bell goes. You've still got plenty of time to win this thing".'

What astounded Rolleston was that instead of strong positive voices screaming 'I can do it!' as we would be led to believe happens after watching one too many *Rocky* movies, Herb heard that 'voice that talks to every single one of us' at the time when he needed positivity most.

While we might not be chasing an Olympic dream, there is something in knowing that even elite athletes fail themselves in negative self-talk, and that despite the 'little voice' victory can still be won.

Rolleston discovered that if champions are confronted with this 'little inner voice' then everyone faces it equally; no one is immune; and

it's logical and compelling strategy means you will always rationalise it and give in.

According to Rolleston's book *A Life That Counts*, the little voice presents itself in four ways: doubt, excuses, pressure and fear; and all are universal in their existence and their effect.

So what to do about this pesky frenemy? Rolleston has developed four 'circuit breakers' that will help you block this unwanted guest so you can get back on track to achieving your goals.

## 1 Stop!

Whenever a negative thought comes into your head, simply yell in your head or strongly speak out aloud, 'STOP!' You'll be surprised how quickly this interrupts your negative thought. You should then replace it with a more positive and constructive thought.

## 2 Stop, rewind and play back

When you have negative thoughts, or do something that has a negative impact on you, stop and visualise the thought or action as you would if you were watching it on a video. See yourself pressing the 'stop' button. Then see yourself pressing the 'rewind' button until you're at the start of the negative thought or negative action you've just experienced. Next, see yourself playing it back, but now doing it in a positive way. You have just replaced your thoughts/actions with how you want to think or act. With practice, this action will take only a couple of seconds to run through in your mind.

## 3 But ...

Any time you feel yourself thinking negatively, use the word 'but' and point out the positive aspects. For example, you might say to yourself, 'I'm lousy at this job – but if I keep at it, I can probably improve.' You'll break the negative circuit in your brain and immediately finish off with the positive thought.

## 4 Rubber band

Whenever a negative thought comes into your head, pull the rubber band back and let it go so it stings you on your wrist (alternatively you can pinch yourself). The concept is the same as in the other techniques, which is simply to interrupt the negative thought pattern in your brain, so you can replace it with something more positive, beneficial and constructive.

## SEE MORE!

The iPad version of this article contains additional information and an exclusive video message from Jeremy Rolleston.

## INSPIRING TIP:

Mobile GPS Apps make training and tracking success easier than ever. Get great links to tools like these and a whole lot more inspiration at [inspiringeverybody.com.au](http://inspiringeverybody.com.au)

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