

## Manifesting Health

By Anna Aparicio IINLP Life & Success Coach

*In order to change we must be sick and tired of being sick and tired. ~ Author Unknown*

I don't need to know the author of the above quote to believe its truth. Ah, the power of leverage! If you, like me, are fed up of getting things done only when you have no choice, and want to be able to put things into action now, you will like what I have to say.

Over the years I read many books and attended even more seminars on manifestation, goal setting, the rules of success, creating abundance, procrastination and how to overcome it...you mention it, I have done it! And I learnt a lot. I mean, I memorised the stuff, but never really put it into practice, and then wondered why after so many hours of study, so much knowledge, I wasn't making any progress towards my goals.

The truth was, I couldn't manifest my goals because I didn't really have any. All I had was dreams. And as my dear mum once said to me: Dreaming nice dreams is great, but only while you sleep.

While awake, you must have a goal. That is how human beings function to the best of their ability. You must want something so badly, that the thought of not having it never even crosses your mind, and if it ever does, it totally and utterly repulses you to the point that you must do whatever it takes to get what you desire. Then, you can research on how to get it and apply the knowledge you have. You can also ask for help from someone who already has what you want and can help you get it as quickly and effortlessly as possible.

The same process can be applied to health and fitness. Most people who lead a healthy lifestyle will tell you things like: "It's part of who I am", "I couldn't live any other way" "There's no way I'd ever eat that/do that"... When you have made the decision to lead a healthy life, you can get so much pleasure out of everything it involves, that the thought of not being healthy is just too painful.

Of course, we are all different people and have different goals in fitness, as in life. However, I can guarantee that when you have already put into action the following tips, you will start noticing wonderful things happening in all areas of your life that will bring you closer to your goals!

- Avoid wishing or hoping... Believe you are healthier, fitter, thinner, stronger, with every cell of your body, from the very core of your being. You may have made some poor choices before. So what? Start to believe you already are who you wanted to be...now.
- You can also be more aware of your self talk and never put yourself down in any way, not even jokingly. Always talk yourself up. Only think and say to yourself things that make you feel amazing and never take any less from yourself or others. Surround

yourself with people who are healthy and have fitness goals like you, for support and fun times!

- See yourself very clearly living the life you want to live: You are in the motion picture, looking lean, toned, whatever way you look, taste the taste of the clean nourishing foods you are eating now, listen to the music you listen to when you exercise daily, hear the positive compliments friends and family pay you, feel how great you feel when you know you are making the right choices and making a success of your life for yourself and those you love. Practice “living” your goal as if it has already happened daily. Make it real, make it come true.
- Ask for the help of a certified and reputable professional who has your best interest at heart. Be very careful with following diets and or exercise regimes published in magazines that may cause long-term damage to your health.
- Start making small changes now instead of turning your life upside down overnight. These will soon become part of your everyday routine without you even realising!
- Enjoy the process! True health and fitness is not a destination, and it can be the most rewarding and beautiful journey you will ever take!

*When it comes to eating right and exercising, there is no "I'll start tomorrow." Tomorrow is disease. ~V.L. Allineare*

Anna Aparicio  
IINLP Life & Success Coach  
Delite Life Solutions  
[www.delite.ie](http://www.delite.ie)  
[anna@delite.ie](mailto:anna@delite.ie)