

Why is insight not enough?



Why are most New Year's resolutions abandoned in January?

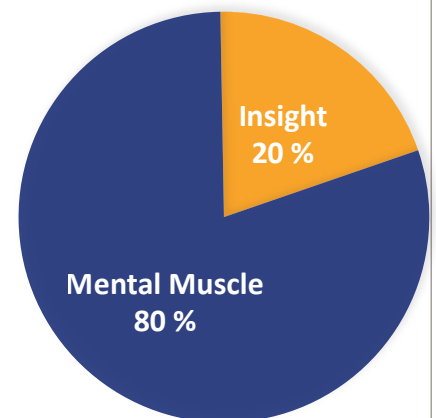
Why do new leadership skills acquired in workshops soon give way to old habits?

Why does that nagging and anxious voice in our head keep returning to torture us when we are trying to sleep?

Why is happiness so fleeting after we achieve what we thought would bring lasting fulfillment - an overseas vacation, a promotion at work, a new relationship?

The reason so many of our attempts at improving our success or happiness fizzle is that they are focussed on insight.

And insight is not enough to deliver sustained change.



It takes **mental fitness**.

If you're not physically fit, you'll feel physical stress when you climb a steep hill.

If you're not mentally fit, you'll feel mental stress - anxiety, frustration, or unhappiness - as you handle career, relationship or personal challenges.

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So how do you build mental muscle?

Is it even possible?

We used to believe that human brain development ended after early childhood. But meanwhile, breakthroughs in neuroscience prove that the brain is not fixed, but “plastic” - it changes continuously throughout an individual's life. We lay down new neural pathways, and the proportion of grey matter in our brains continuously changes!

This is an easy exercise to bust your negative thought patterns:

1. Whatever thought is causing you stress, label it as a self-sabotaging habit of your mind so it loses its power over you.
2. Shift your attention to a physical sensation for at least 10 seconds. For example, focus intently on your next few breaths, or listen to all the ambient sounds around you.
3. When the Saboteur thought comes back, repeat this process with patience.

This exercise actually strengthens your mental “self-command” muscle! Done repeatedly, it will build new pathways in your brain - physical changes that are visible in an MRI machine.

So if you’re seeking greater success or happiness, in your professional or personal life, don’t rely on insight alone.

There are effective ways to combine new discoveries with mental fitness and create change with ease...! I’m here for you if you want to explore more.

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Just schedule your free consultation

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