



THINK *WILD*



MODULE 4: THINK WILD

Now you have the keys and understanding of movement, nutrition and recovery it's time to delve into the next layer. The next layer is one that can have a profound and perhaps biggest overall impact of all principles.

The principle is Think Wild.

Did you know there is now very clear science that shows what we think effects our physiology? A simple example is that of you when you start thinking of having to bungee jump off a 200m bridge. If you really put yourself there you will notice your heart rate goes up. At this point blood pressure is most likely increased, vasodilation has increased also and adrenalin is surging through out your body.



MODULE 4: THINK WILD



When we accept that our thoughts are very powerful And we can choose what we think we can take more responsibility for our lives and our health. Everything that has happened to you in your life up until now has been brought into your life through your subconscious and conscious thoughts.

What is important to understand that our thoughts turn into behaviour which turns into habits which turn into personality. Our brain is where everything starts and until we rewire our brain sometimes we simply can't stick with the habits needed to lose that weight or to get to the gym in that consistent manner we are after.

MODULE 4: THINK WILD

SO HOW DO WE REWIRE OUR BRAIN?

When we rewire the brain we are changing our subconscious beliefs. Our subconscious beliefs are those that we not 'think' about but that are programmed into us from formative years making us run on thinking, behaviour, habits and personality on auto pilot. Our subconscious part of our brain is the most powerful as it is the deepest embedded within us. If our subconscious beliefs are against what we want (even if we don't know it) we will often go around in circles with trying to change behaviours.

Some key aspects of each of the below techniques we can use to change the subconscious are repetition, visualisation and being present. The following techniques are ones that we really like and have used ourselves to make some big positive changes and encourage you to look into them to see which ones you like the best.

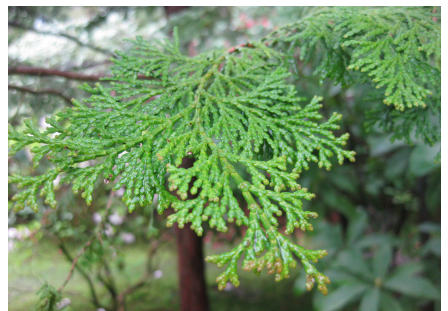
- Gratitude
- Mental Bank Ledger
- Mindfulness / Meditation
- Physical Tasks
- Goal Setting

MODULE 4: GRATITUDE

Gratitude is a bit of a hip word these days but it is for a reason. If we can choose what we think and feel why would we not choose happiness? One of the easiest ways to do this is by practicing daily gratitude. It is so easy to get caught up in our own lives and problems so that we don't see the bigger picture.

Did you know there is only a one in 40 million chance of you being born in the first place? We are literally a miracle just by being born. When we consider anything else that we have going for us it's quite hard to not feel grateful. If you are reading this it means you have access to an awesome community where you are transforming your body and your life into it's healthiest most capable version.

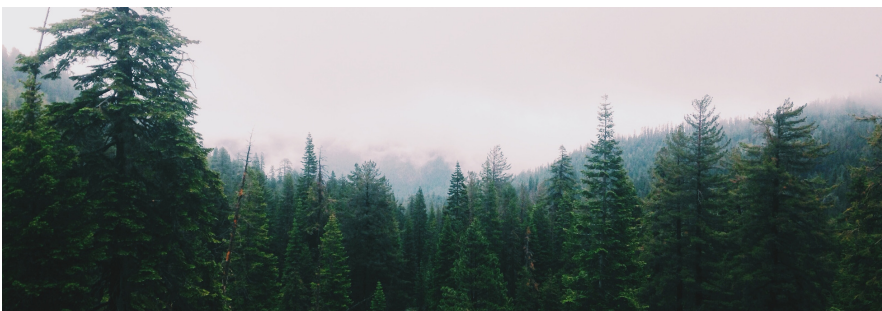
That is something to be grateful for!



RECOVER WILD GRATITUDE

The way we recommend practicing gratitude is by either writing in a journal or sitting and visualising. Start off with anything you feel grateful for and then go deep into that feeling. Think about how awesome it is that you have that and the affect that has on your life. Keep going deeper into the affect that has and try and really visualise and feel the emotion.

The more visualisation you can create, the more emotion you can create the bigger the effect of the gratitude will be. You can start with as small as 2 minutes per day and go from there. We like to do it first thing in the morning. The effect gratitude will have on your life can be massive. Instead of seeing the negatives and getting caught up in your problems you will soon start noticing the glass half full. This can be the difference between a feeling of happiness and depression.



RECOVER WILD MENTAL BANK LEDGER

Mental Bank Ledger is a great system of changing subconscious beliefs around anything you choose. You 'pay' yourself for completing pre determined (by you) tasks that you know will add value to your life. These tasks may be business related, relationship related or health related (or anything really).

This exercise is one that is best done and committed to for a period of time of more than a few months. By completing this activity daily through the principles of repetition, affirmation, gratitude and cursive writing you will start changing the programming in your subconscious brain. We really believe in the tool though as it literally alone changed our programming around money.

It is something that is best completed within 30 minutes of going to bed at night as this is when your brain waves are closest to being able to access your subconscious.

There is a fair bit to the system which can't be explained with words but you can find out by watching the video [HERE](#).

MINDFULNESS + MEDITATION

Meditation and mindfulness are also buzz words at the moment. When the top fortune 500 companies are incorporating it into their work place it is something to take notice of.

No longer is meditation just for 'hippies'. The reason we love mindfulness and meditation is the stillness it brings into our often hectic lives and also the ability to access our subconscious easier.

Meditation doesn't have to be you sitting in nature with your legs crossed and being zen like a Buddha. There are different styles of meditation and it is best to explore what is right for you.

The notion is to simply be in the moment of your breath and little outside distractions. There are many great Apps these days that can take you through a simple meditation. This is a great place to start.

MINDFULNESS + MEDITATION

The one we love and use the most is 'Headspace'. The goal of this is to complete 10 minutes per day.

Mindfulness is more about being 100 percent present in the moment. It is not as useful for changing beliefs at a deep level but more so getting the most out of life. It can aid with lowering anxiety, depression, stress, increasing recovery and help you to relax or concentrate more effectively.

A good ways to start practicing mindfulness is to focus on your physical experience. Bring your attention to the feel of your feet on the ground as you walk, the sound of the birds or the traffic, the feel of your breath, the smell of a flower.

Focusing your mind deliberately on a sensation that has no emotional attachment for you can help to bring you back to the current moment and ease our human tendency to live in the past or future.

PHYSICAL LIMITS

Physical Tasks Often in health and fitness people's perceived limits or how they view themselves is shown up quickly. One of the best ways to start changing any self limiting beliefs is to learn physical movements that you have told yourself you couldn't do. The harder the task is to master, the bigger the break through will be. At The Wild Movement we use juggling, handstands, other gymnastic movements and Olympic lifts to break down limitations people have.

The moment people nail their first 5 second hand stand can be life changing. All of a sudden the person will question themselves what else have they talked themselves out of being able to do. This may not just be in the movement world either.



PHYSICAL LIMITS

A great place to start with this is juggling (if you can't already). There are plenty of online tutorials of the process to do this now that you can follow along to. The biggest tip we can give you is to practice frequently over densely. Exposing yourself to 5 minutes of juggling per day is much more efficient for rewiring the brain than 30 minutes once per week.

We hope you see and understand the massive role our brain plays in you achieving your optimal health.

Remember start small and commit to the task until it becomes a habit. If it doesn't become a habit remember to look deeper and see whether there may be some limiting beliefs around this task that may be blocking your success!

