

How To Recreate Your Life

Imagine building a house from the ground up.

You start with a solid foundation, ensuring it's robust and dependable.

Then, you carefully plan the structure, making sure every brick, beam, and window fits perfectly.

Finally, you decorate it to reflect your style and preferences.

Why do you do all of this so methodically and carefully after much deliberation and discussion? After looking at so many options and Pinteresting for hours to get it just right?

The answer is creating your dream home requires it so you'll get exactly what you want.

But how many of us are that deliberate in creating our lives? How many of us are living lives that are by default instead of design?

What if we could recreate our lives? Start over, do something different?

In my mind there are 3 vital components that come into play to recreate your life:

- 1) Understanding your body and what it's capable of.
- 2) Harnessing the power of your brain and how to manipulate it.
- 3) Knowing your mindset CAN change.

Let's explore how each of these aspects corresponds to constructing a resilient and fulfilling life.

1. **Understanding Your Body:** Laying the Foundation

Just as a house needs a solid foundation, your life's foundation is your body. It's the vessel that carries you through your experiences, dreams, and challenges. To recreate your life, you must start by understanding and strengthening this foundational element.

Scientific Insight: Numerous studies highlight the profound link between physical health and mental well-being. One study published in the journal "Health Psychology" found that regular exercise not only improves physical health but also reduces symptoms of depression and anxiety.

Here's how you can lay a solid foundation:

- **Muscle-Centric Health:** Explore muscle-centric health principles, as discussed in "Forever Strong" by Dr. Gabrielle Lyon. Embrace exercise routines that help you build and maintain muscle mass. Strength in your body often translates to resilience in life's challenges.

- **Nutrition:** Fuel your body with nutrient-dense, anti-inflammatory foods. A correctly balanced diet supports both physical and mental health. Remember, a well-fueled body is better equipped to handle stress and change—you would never put junk in your car's fuel tank, why would you do that to your own body? Unlike your car, you're stuck with this body for life. No trade-ins.

2. **Using Your Brain as a Tool:** Constructing the Structure

Once you've built a strong foundation, it's time to construct the structure of your life. Your brain is the ultimate tool in this endeavor. It's the architect, designer, and builder of your reality. To recreate your life, you need to harness its immense power, and to do that, you need to realize WHO is in charge—it simply cannot be your brain...it will default to the most primitive response of survival, not the complexity of abstract thinking. We have to train our brains to do that.

Scientific Insight: The field of neurochemistry explores the connections between brain chemistry and emotions. Research published in the journal "Neuron" emphasizes the role of neurotransmitters in regulating mood and emotional well-being.

Here's how you can use your brain as a powerful tool:

- **Mindfulness and Meditation:** Practices like mindfulness and meditation, often discussed in "Habits of a Happy Brain" by Loretta Graziano Breuning, can help you gain control over your thoughts and emotions. These techniques allow you to navigate life's challenges with greater ease.

- **Positive Affirmations:** Train your brain to focus on the positive. Repeatedly affirming positive beliefs can rewire your brain, fostering a more optimistic outlook on life.

3. **Changing Your Mindset:** Adding the Final Touches

With a strong foundation and a well-constructed structure, it's time to add the final touches to your life's design. Your mindset acts as the decorator, determining how you perceive and interact with the world. To recreate your life, you must embrace a growth mindset.

Scientific Insight: The concept of a growth mindset, popularized by psychologist Carol Dweck, has been extensively studied. Research published in the journal "Psychological Science" suggests that individuals with a growth mindset are more likely to embrace challenges and persist in the face of setbacks. This will help you immensely recreate your life!

Here's how you can change your mindset:

- **Embrace Challenges:** View challenges as opportunities for growth rather than insurmountable obstacles. As discussed in "The Mountain is You" by Brianna Wiest, this shift in perspective can lead to a life filled with limitless possibilities.

- **Continuous Learning:** Cultivate a thirst for knowledge and self-improvement. Learning new skills and gaining new insights can fuel personal growth and expand your horizons.

Recreating your life is a process, not a destination.

Just like building a house, it takes time, effort, and commitment. By understanding your body, using your brain as a tool, and changing your mindset, you can construct a life that reflects your dreams and aspirations—one brick at a time.