



# THE ROCK-SOLID MINDSET

This is the moment your future is being created by YOU. Where is your mind? What is your focus? This e-book will guide you in discovering the very thing that is standing in your way AND your next action step to create a life you love!

Ashly Torian



## The Rock-Solid Mindset

### ***Self-Sabotaging Patterns and Behavior Triggered by Thoughts***

This is the moment your future is being created by YOU. Where is your mind? What is your focus? Circumstances that we find ourselves in reveal patterns of behavior that sabotage our efforts in building a business, improving our health and deepening relationships.

The foundation of these patterns is rooted in a **closed** mindset that directly relates to stress chemistry. This is the very thing that is keeping the life of your dreams out of your reach. The way we speak to our self can trigger these undesired behaviors ALONG with a host of other sabotaging patterns in life and business.

Is your mindset **closed** – operating in the realm of *fear-based emotions*? OR is your mindset **open** - fully grounded and in sync with the *love-based* emotions? *Fear-based* emotions are rooted in anger, anxiety, frustration, irritation, worry, guilt, judgement, criticism, procrastination, and anything in relation to these. *Love-based* emotions are rooted in Love, courage, commitment, compassion, faith, forgiveness, surrender, truth, gratitude, peace, joy and anything in relation to these.

Living in the **closed** arena, the body is in a stressed state (operating in the sympathetic stress response) which ages the body, increases risk of illness and disease, lowers immune function, stores fat, uses muscle for energy (cannibalize), decreases enzymatic output in the gut, decreases healthy gut bacteria, decreased oxygen uptake. This outcome does not paint a pretty picture.

BUT we have a choice. Our greatest power is our power to choose. So, we can choose to live in fear and a state of angst. OR we can choose to live free from all of this.

Living in the **open** arena, the body is in a relaxed state of being (parasympathetic stress response) which fuels the body with energy, increases state of health, healing, repair and maintenance happens in this state of being. Increased Vitality, Energy and Empowerment are the result of the **open mindset** (LOVE-based living).

Which will you choose?

Double check your self-statements in the moment and correct them or turn them around. Here are a few examples:

“I have had a hard day, I deserve this!” change to: “I deserve some comfort tonight!” – follow it up with a soothing bath or shower, quiet time on the patio, a massage or 10 minutes of deep breathing and stretching.

“I already cheated with a piece of chocolate this morning, I might as well blow the whole day and start fresh tomorrow.” Advice: stop seeking perfection. Live in the middle. Continue to do your best the rest of the day. One piece of something doesn’t blow the whole day. “I am making progress each day; I AM doing this!”

“I am too stressed to make a healthy choice.” Instead say this, “The apple I packed in my bag will nourish me best in this moment.” Taking the stance to eat the food in your food bag will empower you during a stress-filled time.

What self-sabotaging statements do you make? NIP these in the bud NOW. Key words to look for are: I am so



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busy, running late, always late, I'm behind schedule, I am so out of shape, I am fat, I'll never make it to the top, Others can do that but not me, etc.

You have your vision set...You KNOW who you are at your core. NOW it is time to say goodbye to the old you that was created by these self-sabotaging statements and bring in the NEW, fully grounded and authentic YOU.

Make note of these statements THEN rewrite them to be LIFE-GIVING. Take a few moments to address them now. This will prepare you for the next time they come around.

**My Self-Sabotaging Statements:**



Re-write them to say:

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I AM Wonderful,  
I AM Amazing,  
I AM Cream of the Crop!  
I've Got This!



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*Achieve the end results now! Live AS IF it is already DONE!*

To create a Rock-Solid Mindset, it requires a plan of action. When there isn't one, the mind can galivant around with no purpose and typically draws you into a line of thinking that drains energy, vitality AND most importantly doesn't give you what you want in this life.

It will leave you with stinkin' thinkin' and poor health.

To eliminate this risk, we must be advocates for the Rock-Solid Mindset. The one that is high energy, magnetic, and elevated. The one that gives you permanent results.

*What is your greatest desire for your life, your Ultimate Goal? If I could wave my magic wand that would give you anything and everything you want for yourself in life, what would it be?*

Spend a moment and answer the following:

Your mission in life?

Physical Body?

Spiritual Body?

Health?

Family/Social?

Career?

Recreation and FUN?

Dive a little deeper with me and answer the following questions:

*What will it take to get you there? It takes sacrifice. What are you willing to give up? What are you willingly to learn? What are you open to receiving in order to LIVE this life you are creating?*

*Now that you have discovered who you are and what you want,  
let's begin creating what you want next!*

My gift to you:

[Contact me](#) today to schedule your 30 min Mindset Training session on this very worksheet.



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Steps to Create a Rock-Solid Mindset:

- 1) **See It** – visualize it clearly. Use all your senses when using the imagination to create what you would LOVE in your life. The idea is to experience the pleasure of it while imagining it.
- 2) **Feel It** – what does it feel like to live that vision – use all 5 senses to bring this to life and cement it into your very soul.
- 3) **Be It** – walk through your day AS IF it is already done. BE that person, in gratitude.
- 4) **Declare it!** – I AM statements put into existence exactly who/what you believe that you are. Declare who you are and what you stand for.

### Every Day!

Here are some questions to help guide you in this process. There is a place for these notes at the end of this segment.

- 1) How do you do life? Do you react or respond?
  - How can you begin to respond instead of reacting? The golden rule of responding is Operate in SLOW mode. Meaning...when the internal rhythm of YOU is slow and at ease, you will then respond more times than naught.
  - How can you implement SLOW in your life? Mealtime is a very good place to start. When we eat slow, the operating system slows. This is SUPER beneficial for health reasons (if you want to know more about this, check out my videos on [Vimeo.](#))
- 2) How do you do food? Who are you as an eater? How do you eat? What foods do you choose to eat?
  - The way we are with food is a mirror reflection of the way we are in other areas of life. If we restrict food, then there is restriction in our life AND this inhibits opportunities to flow in and around us.
- 3) What does your movement life look like? What activities are you involved in to maintain and improve your health and vitality? How do you walk? What is your posture like?
  - IS the one in your vision healthy? Creative? Spontaneous? Vibrant? If so, then make ALL your decisions around activity in accordance with the habits and movements of the one in your vision...YOU.
- 4) How do you show up? In relationships? At work? School? How do you handle crisis?
  - Again, is the one in your vision kind? Supportive? Empathetic? Compassionate? Trustworthy? Faithful? Forgiving? Courageous? Committed? Then strive BE that person throughout your day in every task, moment and relationship.
- 5) In summary – describe the person **YOU WILL BE** in every aspect? Who is this person in your Vision that CREATES a life worth LIVING fully and completely?



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Suggestion: *Adopt the character of that which you want to become. Develop a morning ritual that sets the stage for who you are **BE-ing**. This ritual can involve any movement, deep breathing, meditation, visualization, I AM statements, affirmations, etc. Create a protocol that you LOVE and that helps you to STEP INTO BEING THAT person that lives a life of inspiration, won the incentive trip, reached the next leadership position, organized a non-profit, wrote a book, achieved a lifetime goal....The possibilities are LIMITLESS!*

Use this area to put it all together in fine detail. Don't forget to add the I AM statements that resonate and add meaning to who you are.

*"Anything your mind can conceive, your heart can believe, YOU CAN ACHIEVE!"*



## The Rock-Solid Mindset **Ashly Torian**

As founder and owner of Bio-Balance, Ashly began her Holistic Eating and Coaching business in 1991, committed to inspiring others to live a fulfilling, joy-filled life. Bio-Balance was born out of Ashly's passion for fitness and healthy living seeded with her own personal challenges with anxiety, weight and body issues.

Ashly is a Texan, receiving her Bachelor of Science degree in Adult Corporate Fitness from Abilene Christian University, followed by training at the Institute for the Psychology of Eating, the world's leading school in Nutritional Psychology where she received her certification as an Eating Psychology Coach. Through IPE's internationally acclaimed program, she learned powerful tools and protocols that enable her to work with weight issues, body image challenges, overeating, binge eating and a variety of nutrition related health concerns such as digestion, fatigue, mood, immunity and more. In addition, Ashly is a nationally recognized ACE certified personal fitness trainer and Behavior Change Coach; Certified in Emotional Resolution; as well as a recognized IDEA Elite personal fitness trainer with thousands of individual and corporate programs to her credit.



As the author of [Join Me in the E.N.D. Zone](#); Thought leader with The Women's Information Network; Former Advisory Board Member with le femme FOCUS; instructional video developer; and active lifestyle within her own community, Ashly's message and speaking skills resonate with all ages and genders.

Ashly has a lifelong focus, education and experience on understanding the psychology of eating, on human physiology, and the mind-body connection, and how our outlook on these factors can either damage or enhance our lives.

Visit [www.ashlytorian.com](http://www.ashlytorian.com) to discover resources, view the cheering section about Ashly, and see how investing in YOU can change your life.