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# Reset Your Mindset

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Let's talk about the thing that quietly runs everything: your mindset.

Not the fluffy Instagram version with the quotes and perfect morning routines. I mean the real one. The one that lives in your head all day long, narrating your life like a slightly sarcastic sports commentator.

You know exactly what I'm talking about.

The voice that says, *"Too late."*

*"You've already blown it."*

*"You're too old."*

*"You've tried this before."*

*"What's the point?"*

That voice.

Because here's the deal—if you don't deal with that voice, none of the other pillars matter. Not really. You can eat perfectly. You can go to the gym. You can buy the supplements, the journal, the cute sneakers, the yoga mat... all of it.

But if your mind is quietly running the script of *"why bother?"* in the background, you will slowly—almost invisibly—sabotage yourself right back to where you started.

Ask me how I know.

## **The Story I Told Myself for Years**

For a long time, I told myself a very convenient story. "I'm just not one of those naturally disciplined people."

You know the ones I'm talking about. The women who wake up at 5:30 in the morning, drink their lemon water, work out, meal prep, journal, meditate... all before most people have had coffee.

Meanwhile, I was over here negotiating with myself about whether I really needed to walk to the mailbox. And after enough of those moments, the story just reinforced itself.

“See? You’re not that person.”

But here’s what I had to face—that story wasn’t true. It was just comfortable.

Because if you believe you’re “not that person,” then you don’t actually have to change anything. You don’t have to try differently. You don’t have to push through the uncomfortable part.

You just get to stay exactly where you are... and call it reality.

### **The ‘F-It’ Spiral (We’ve All Been There)**

Another one I know really well is what I call the “f-it” spiral. It usually starts out strong. I decide I’m eating healthy, and for a couple of days I’m doing great. Everything is on track, I feel good, I’m committed.

And then something small happens—someone brings donuts into the office, or I grab something quick that wasn’t in the plan. And immediately my brain goes, “*Well... you’ve already blown it.*”

And once that thought kicks in, it’s like the door swings wide open. Now instead of one donut, it’s two... maybe three... followed by “*I’ll just start over Monday.*”

And just like that, one imperfect moment turns into completely abandoning the plan. The difference is, people who actually make this work don’t do that. They eat the donut... and then they just go right back to what they were doing.

No drama. No spiral. No starting over.

That alone is a mindset shift.

### **The Lie That It’s Too Late**

Another one I had to call out in myself was this idea that I was somehow too late. Too old. Too far gone. Too many years of doing it wrong.

And I'm just going to say it straight—that's complete nonsense.

There are people starting businesses at 60, running marathons at 70, learning entirely new careers in their 50s. The only thing that actually makes it “too late” is deciding not to start. And honestly? There's a case to be made that this stage of life is the *best* time to change things.

The kids are grown. You know who you are. And you've lived enough life to stop caring quite so much about what everyone else thinks.

That's not a disadvantage—that's power.

### **The Comparison Trap**

Another place mindset will quietly take you out is comparison. You see someone online who looks amazing, and before you even realize it, your brain goes, “*Well, you don't look like that, so what's the point?*”

Let's just be honest about that for a second.

You are not competing with a 28-year-old fitness influencer with perfect lighting, a full production setup, and a meal prep service.

You're not. You're competing with you.

Did you move more this week than last week?

Did you make one better choice today than yesterday?

Did you get up and walk when you normally would have stayed on the couch?

That's the comparison that matters.

### **The Shift That Actually Changes Things**

The mindset that actually works is a lot simpler than we make it. It's not about perfection—it's about participation.

Instead of asking yourself, “*Did I do everything perfectly today?*” What if you just asked, “*Did I show up?*”



Did you walk for 15 minutes? That counts.  
Did you choose something a little better to eat? That counts.  
Did you go to bed instead of scrolling for hours? That definitely counts.

Those small wins add up more than you think.

### **The New Story I'm Choosing**

So this is the shift I'm making now. I'm not trying to reinvent my entire life overnight. I'm not trying to become some perfect version of myself.

I'm just becoming someone who shows up. Not perfectly. Not dramatically. Just consistently.

Move a little.  
Eat a little better.  
Talk to myself a little differently.  
And then do it again tomorrow.

That's it.

That's the comeback.

And the part I didn't expect? Once your mindset starts to shift, everything else gets easier.  
Not effortless—but easier.

Because when your brain isn't fighting you every step of the way... you finally have a chance to move forward.

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Want to track my progress? I'll be documenting my changes on YouTube [@comebackover50](#), so like, share and subscribe to my channel.