

Avatar Information

Location: Spain

Age: 29 years old

Pain: Fear of Judgement

Desire: Gain confidence

Roadblock: Body appearance

Service: Gym membership

SL: Are you afraid of others' judgement on your body appearance?

That fearful feeling where you don't seem like you are doing an exercise **correctly** in front of other gym members or **skipping** those **gym sessions** after not seeing the desired results leading you to guilt.

Self-reproaching yourself after missing a numerous amount of gym sessions will not change your point of shame on your body appearance.

Consistency is **essential** some say, staying consistent laying on your bed **consuming** bodybuilders **posts** believing someday you will look like one of them is the wrong way to look at it if you keep on the same track.

Or that one routine that you thought would drastically change your body aspect that ended up making you feel ashamed of your looks when doing the exercise. It will definitely not work the same on different bodies.

Your **mind** is your **most powerful tool**, when you are going through the repetitions, think about the fact that all those bodybuilders you see on social media once **started off** with **identical conditions** you are facing now.

It is not troublesome to attain once you have **won the mental war**.

Build up your confidence