

Actionable Habits: Steps to Achieving the Life You Desire with Mandy Gills

Episode 07: Show Notes.

Athlete, entrepreneur, media personality, podcaster, Mandy Gill is a champion of everything health. After overcoming anorexia in her late teens, she fell in love with fitness and, from there, her passion of living life to the fullest – and helping others do the same – was born. Today, we hear from her in a one-on-one, candid conversation about her daily habits, including tidbits from her new podcast, Hooked on Habits, and she shares some of the actionable steps that she has learned from those she has interviewed. Listen in as Mandy asserts the importance of holding ourselves accountable, the benefits of eliminating distractions, and practicing daily to strengthen our mind like a muscle, as well as choosing carefully what it is that we put our time into. What stands out about this conversation is Mandy's infectious enthusiasm and passion for life, and we also find out how she maintains her focus and drive, so make sure to tune in to be inspired and maybe level up your daily routine a little bit too!

Key Points From This Episode:

- Mandy shares a bit about herself – not only what she does, but what she loves to do.
- Already having an online platform allowed Mandy to benefit from it in the pandemic.
- The corporate development side of Mandy's business and how she grew it.
- The virtual events that have allowed her to stay connected with her audience during COVID.
- How her podcast has helped Mandy foster more one-on-one conversations.
- An actionable habit that has made a difference in Mandy's daily life is waking up early.
- The importance of movement and holding ourselves accountable for it.
- Eliminating distractions by putting your phone on airplane mode – don't let your phone dictate the start of your day!
- Some of the habits Mandy hopes to pick up from her podcast guests, like reading more.
- How our mind is like a muscle and how practicing daily strengthens that muscle.
- The power of creating goals and making vision boards for ourselves and with our children.
- Why saying 'no' or 'heck yes!' is important – it's about what we choose to put our time into.
- How Mandy maintains her focus and drive by living life to the fullest whenever she can.
- What it was like exploring Ireland during a lockdown and having a change of scenery.
- New goals on Mandy's horizon, like getting back to racing in the new year.
- Building physical and mental endurance, from a personal and a business perspective.
- A bit more about Mandy's routine and what has been most beneficial to her.
- The benefits of meal prepping for your week on Sunday.

Tweetables:

“I find that there are three categories in which I keep my promise to myself when it comes to ensuring that I set myself up for a successful day. You dive into something like this, and it sounds like there are going to be 200 little avenues in order to get there, but really, for me, it [starts with] getting up at 5:45 in the morning.” — @MandyGill [0:11:18]

“We always talk about how we work our muscles and we want our legs to become stronger so we can run faster, well, the mind is much like a muscle. As long as we can continue to work that and do it on a regular, day-to-day basis, it does become one.” — @MandyGill [0:19:40]

“We can focus so much on the negative and allow that to get us down, and I’m not just talking about where we are right now, within our new [circumstances], I’m talking about in general.” — @MandyGill [0:27:12]

“Once you dial in the meals that you really enjoy and you start to add in different things, if you do have a job which requires a very demanding schedule, or you’re getting used to working at home but, at noon, you’re opening the fridge and you’re like, ‘What am I going to have?’ [meal prepping] is a wonderful tool to have in your belt.” — @MandyGill [0:36:37]

Links Mentioned in Today’s Episode:

[Mandy Gill on Twitter](#)

[Mandy Gill on LinkedIn](#)

[Mandy Gill on Instagram](#)

[Mandy Gill on Facebook](#)

[Mandy Gill](#)

[Hooked on Habits Podcast](#)

[Britt Anderson](#)

[Britt Anderson on Instagram](#)