



# The Comeback Mindset Guide

## Reclaiming Your Life, One Thought at a Time

### Let's Be Honest—This Was Never About the Food or the Gym

There's this moment in life—and for me, it really hit after fifty—where you start to realize something that's a little uncomfortable but also kind of freeing.

The real battle was never my body.  
It wasn't my schedule.  
It wasn't even my circumstances.  
It was my mind.

Because the way I talk to myself? That drives everything. How I see myself, how I approach change, what I do when I mess up, whether I believe this is even worth trying anymore... all of it starts there.

And if I'm really honest, that voice in my head has not always been kind.

You know the one.  
The one that says, *"Too late."*  
*"You've already blown it."*  
*"You're too old."*  
*"You've tried this before."*  
*"What's the point?"*

That voice.

And I finally had to call it what it is—it's a negative bitch in my head. Loud, repetitive, and not nearly as truthful as she thinks she is. Because the truth is, I've been carrying around that voice—and the mindset behind it—for decades.

Some of it came from growing up, being too critical of myself. Some of it came from work, from being responsible for everyone else, from just doing what needed to get done. And some of it came from this quiet message that women just... fade a little as they get older. That the best parts are behind you.



I don't think anyone ever said it directly. But it's there. And after a while, you start to believe it.

You start to tell yourself a story that maybe your time for big change has passed. That the energy you used to have, the ambition, the curiosity... that was for a different version of you.

I know I did.

But here's what I've really had to sit with—that story isn't truth. It's just something I've repeated long enough that it started to sound like truth.

And that voice? That negative bitch in my head? Giving her that much power?

The good news is... it's my voice. I'm the one telling myself that story. And if I created it, I can change it.

### **The Stories I Didn't Even Realize I Was Telling**

When I really started paying attention, I realized how many quiet little stories I was carrying around without even questioning them.

Things like:

"I've always struggled with my weight."

"I'm not someone who sticks with things."

"I'm too old to start over."

"My body is just... broken."

"It's an autoimmune flare."

And the thing is, those don't feel like stories when you're in them. They feel like facts. Like evidence. Like, *well yeah, obviously... look at my history.*

But when I stepped back, I could see what they actually were. They were interpretations. Patterns I had turned into identity.

Because I had tried things before and stopped... I decided I was someone who doesn't follow through.

Because my body hurts sometimes... I decided it was broken.

Because I hadn't figured it out yet... I decided maybe I never would.

That's a pretty heavy script to be running in the background every day.

And if I'm being honest, that script—and that voice—was doing a lot more damage than anything I was eating.

### **The Part No One Wants to Admit**

There's also this piece that's a little harder to say out loud. Some of those stories were... convenient, and gave me a long list of excuses to fail.

Because if I believe I'm "not that person"—not disciplined, not consistent, not someone who finishes things—then I don't actually have to change. I don't have to push through the uncomfortable part. I don't have to risk trying again and not getting it right.

I can just stay where I am... and call it reality.

That was a tough one for me.

### **Starting Again Is Not the Problem—Staying Is**

I've started over more times than I can count.

New plan. New routine. New promise to myself that *this time is different*. And I would believe it, too. I'd feel it. I'd show up strong in the beginning.

But I didn't have something that lasted past the point where it got hard.

And that's where everything would fall apart—not because I didn't know what to do, but because my mindset would start working against me.

The second things weren't perfect, that voice would creep right back in.

"See? Here we go again."

"You're not going to stick with this."

"What's the point?"

And when that voice kicks in, it doesn't take much to slide right back into old patterns.

### **What I'm Learning Now (The Hard Way)**

What I'm learning now—and I'm still in it, I'm not on the other side of this yet—is that nothing is going to change until I change the way I think about myself.



Not in some fluffy, “just think positive” way. That’s not it.

I mean actually catching that voice when it shows up and asking, *is this even true? Or is this just the same old script again?*

And then choosing something different. Even if I don’t fully believe it yet. Because I don’t need a perfect mindset.

I just need one that’s not constantly working against me.

### **Why This Matters More Than Anything Else**

I can have the best plan in the world. I can know exactly what to eat, how to move, what I “should” be doing.

But if that voice in my head is still saying, “*Why bother?*”... none of that is going to stick.

That’s the piece I missed for a long time. This isn’t just about habits.

It’s about the story—and the voice (that bitch)—underneath the habits.

### **The Shift I’m Making Now**

I’m not trying to completely reinvent myself overnight anymore. I’m not trying to become some perfect, ultra-disciplined version of myself that I can’t sustain.

I’m just starting with this:

Maybe I *am* someone who can show up.

Maybe I *can* be consistent.

Maybe my body isn’t broken—it’s just been through a lot.

That’s it. That’s the shift.

It’s small, but it changes how I show up.

Because when I stop letting that voice run the entire show... things start to feel possible again. Not easy. But possible.

And right now? That’s more than enough.

## How I'm Resetting My Mindset (And Where I'd Start)

I'm not over here pretending I've mastered this. I'm in it. But here are a few things I'm actually doing differently now that are starting to change things:

- 1. I'm paying attention to the story in my head**  
Not fixing it. Not judging it. Just noticing it.  
Because you can't change something you don't see.
- 2. I'm questioning what I've always believed about myself**  
Just because I've said "I'm not consistent" for 20 years doesn't make it true.  
It just means I've repeated it a lot.
- 3. I'm choosing a slightly better thought—not a perfect one**  
Not "I've got this all figured out."  
More like... "Maybe I can do this differently this time."
- 4. I'm focusing on showing up, not proving anything**  
No big declarations. No all-or-nothing.  
Just... show up today. That's it.
- 5. I'm catching the 'why bother' voice early**  
Because that one? That's the one that takes me out every time.

## Start Here

If this is hitting for you, don't overthink it. Just start with this:

Notice what you're saying to yourself today.  
Catch one thought that's not helping you.  
Replace it with something just a little less harsh.

That's it.

You don't need a full mindset overhaul.  
You just need a small shift... repeated over time.

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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.