

Tips From The Pros

AMY SUTTER

WOW!! What a JOURNEY!!

And to say a SWEET THRILL to FINALLY ATTAIN the GOAL of EARNING PRO STATUS in this Sport I have come to love, BODYBUILDING, is an UBER UNDERSTATEMENT!!

In 2007, I was living in Easton, PA where I was working on my career in the Printed Food Packaging Industry and simultaneously attending an Executive Style (Weekend Classes) Masters Program at Pratt in Manhattan. Along with my classmates, who became good friends, we graduated. To celebrate two years of hard work, I went to India with a classmate and her family.

The trip was AMAZING!! I kept pinching myself in disbelief that I was in that part of the world especially when standing in front of the Taj Mahal!!

Two weeks after returning to the States, I was looking forward to celebrating my 37th birthday with friends. Unfortunately, during their visit, I began to experience chills and a high fever that progressed into awful total body aches, and then severe abdominal pain. I ended up in the hospital for 15 days and was discharged with NO formal diagnosis. Thankfully, my homeopathic doctor and a world renowned parasite specialist out of SC were able to offer the required cure for what turned out to be intestinal parasites.

I had always been active as a Group Fitness Instructor (A.C.E. Certified since 1993) and an avid competitive USTA Tennis player. As I began recovering, I was still working to rebuild my stamina to my former level of fitness when I was offered a new position with my company that brought me full circle back to SC in May of 2008, where I was from.

When I got settled back in the south, I joined a running group and set a stamina building goal to run the New York Marathon. A way to Celebrate Conquering those Nasty Parasites!! When my attempt to enter the NYC Marathon via their "Lottery" system didn't pan out, I totally switched gears toward a sport for which I'd had an appreciation for years from an artist perspective....Bodybuilding!

A friend referred me to a coach, a local husband and wife team. After our first meeting, in June 2010, I was beyond thrilled to be accepted as a member of their "Dream Team"! Under their guidance, we set sights on my first competition for September 2010. Exactly 13 weeks out and just after my 40th birthday.

I hit that stage and caught a different kind of "FEVER" for this AMAZING SPORT!!

I competed for 9 consecutive years, ultimately turning IFBB PRO!! What did it take to get there?

In 2013, I won the SC NPC South Carolina State Championship and gained the "BELIEF" that I could attain professional status. It was that "SHIFT" in "MIND SET" that gave me the TENACITY to GO FOR IT! It also served as the catalyst for starting my business MoJoTiVatioN® - Positive Power. The premise of MoJoTiVatioN® is based on the Positive Power that results from Properly Fueling Your MIND, BODY & SOUL! I design and source Jewelry that serves as a Positive Visual Trigger that when worn keeps you mindful of and on point toward reaching your goals. MoJoTiVatioN® MIND, BODY & SOUL Fuel Plans are the NEWEST MoJoTiVatioN® offering. I coach my clients, serving as their "Fuel Specialist", teaching them how to Properly Fuel their MIND, BODY & SOUL in order for them to BUILD the STRONGEST version of SELF Inside and Out!

It's this SutterGirl philosophy that I attribute to the perseverance and determination that led to attaining my IFBB PRO CARD!

Advice I would offer to those just deciding to compete, currently competing at the local level, competing on the national level and seeking PRO status is this....GET YOUR MIND SET! AND... "EMBRACE the PROCESS"!!

Journaling the answers to the following series of questions will create a SOLID MIND SET.

As you live through the journey, the answers to these same questions will change. But establishing the answers with each new phase is critical to maintaining that SOLID MIND SET!

Determine the answers to the WHYS?

- Why do You want to experience the extremes this sport presents?
- Why does this Experience...Goal...Challenge...Matter to You?
- Why is this Experience...Goal...Challenge... IMPORTANT to You?
- Why are you Inspired to pursue this Experience...Goal... Challenge?

Then ask Yourself the HOWs....

- How will this Experience, Challenge, GoalPositively Change You?
- How will this Experience, Challenge, Goal.... Positively Impact / Inspire Others?
- How will You PLAN and PREPARE Yourself for a Successful Experience / Outcome?
- How will You treat others while You strive to achieve this Personal Goal?
- How will You FEEL when You Complete / Accomplish this Challenge / Goal?

Next Questions the WHATs....

- What will You do When Adversity crosses Your path along the way to the Goal? (Tied to How will You Plan to Succeed above)
- What will You do When Life Occasion Invitations are presented?
- What is Your Vision / Definition of Success?Or.... What does Success look like to You?
- What will Your reaction be if You fall short of attaining the Vision or Your Definition of a Successful Outcome?

You've got to get Your MIND....BODY....& SOUL Properly Aligned (FUELED) to realize ANY Personal Goal or Quest. EMBRACE the PROCESS! As with ANYTHING in LIFE....if You "EMBRACE the PROCESS" you're immediately more OPEN and FREE to Journey through that Process. On the contrary, if you "WHITE KNUCKLE IT"fighting the Process, it's gonna be an Unenjoyable STRUGGLE. To Sum It All Up....When You Properly Fuel Your MIND, BODY & SOUL and "Embrace the Process", Not only will You ATTAIN Your Goals, You will Enjoy Your Journey!



“ I coach my clients, serving as their “Fuel Specialist”, teaching them how to Properly Fuel their MIND, BODY & SOUL in order for them to BUILD the STRONGEST version of SELF Inside and Out!”