

How Badly Do You Want It?!

Do you want to make this year great? Do you really?

Okay, then name three things right now that you are willing to sacrifice to set Personal Records in strength, and/or lean muscle mass, and/or Bodyfat Loss. **But** you are not allowed to sacrifice anything that will take away from the most important stuff; family, career, spiritual, academic, etc. time.

{If you want to hold yourself to a higher standard than 97% of the general population and join the 3% that are the most successful, then write them down}

1. *Drinking over the weekend? Is it necessary? Can you at least cut it to zero for the first 4 weeks? (That's right Irene, I'm talking to you 😊)*
- 2.
- 3.

Let me get you started by giving you some things to ponder that I have heard from Participants I have worked with over the last 30 years – from a sizeable pool of over 4 000 people . And you know, it's funny that no matter the socioeconomic background, age, occupation, family commitment or even skin colour, *what most people aren't willing to sacrifice are the same for everybody.*

How about making a 'real' breakfast? And I'm not talking about whipping up a protein drink. I'm talking about sacrificing a half-hour of TV or Internet time at night, getting your butt in the sack, and getting up a half-hour early to make a real, hot, breakfast. There is nothing wrong with a protein drink for breakfast every now and then, but it will never replace a real 'knife and fork' meal. And forget about the 'I don't like eggs' excuse. Who says you have to eat eggs? Who says you have to eat 'breakfast food'? Have some grilled chicken, salad, and rice ready to go. Make the sacrifice for a month and I assure you it will be the best training month you've ever had.

How about sacrificing 7 minutes before your workout to stretch? I don't want to hear about the bullsh*t excuse that it 'disrupts the stretch reflex'. In my near 30 years of strength coaching I've never - never - seen anyone get weaker because they stretched and 'disrupted their stretch reflex'. I think that excuse is nothing but just that, an excuse, an easy way out, so you don't have to stretch. *My take; trainees get stronger because they stretch.* It takes away pain in many cases, prevents injuries so they can train heavier more consistently, makes the trainee 'aware' of the muscles they're about to work, etc, etc, etc..... it's great, you need to do it.

Other “Sacrifices”

- 30 minutes of TV/Internet time to get in 20 minutes of aerobics and stretching

- 15 minutes of more TV/Internet time to do some light stretching for 'problem areas', like the hamstrings or shoulder area, before bed.
- Sitting on the couch in the morning before work to 'wake-up' to (again) do some light stretching work for the muscles that are stiff from yesterday's workout. The stretching will do a much better job of 'waking you up' anyway.
- Some time to write down what you eat.
- Eating lunch 'out' two times a month so that you can afford better quality organic food.
- The time you spend looking for the next 'wonder program' on the Internet to think about, calculate, and *then write down* next month's goals for strength, size, inches lost, aerobic totals, etc.
- 'Lazy time' on a Sunday to prepare food to take to work for the next several days.
- TV/Internet time (again) to read. Read inspirational stuff. Read stuff that not only inspires but that makes you take action. A few of my favorites: Louis Lamoure, John Eldridge, Dan Miller, Tony Robbins, Larry Winget, and Jim Rohn.
- 'Inside time', to get outside and do *General Physical Preparation* (GPP) work; hike, walk, jog, throw a ball, shoot some hoops, chop wood, carry wood. And who cares if it's cold, snowing, raining, 40+ degrees, etc? So what? Feel the cold, heat, and the dirt on your hands. Get back to the basics - beat the elements - come alive again.

All these things can make a tremendous difference in your results. You do want results don't you? You'd be surprised at how much wasted time you can find - that you can sacrifice - that will have a dramatic impact on your training results.

Keep one thing in mind. The results you've received from your training are a direct result of what you are doing. Change what you are doing and you'll get different, better, results.