

GO WITH GRAVITY...



It was a warm Sunday on March 14, 2010 when 30,000 dedicated or crazy people (depending on how you look at it) participated in the 'Run for the Kids'. I was one of the bright red team 100k members, and due to lack my lack of preparation for running over 14km, I would have to put myself in the 'crazy' category! Was it painful? Was I glad when it was over? Am I glad I did it? I would have to say a big 'yes' to all of the above! It really is interesting how we can put ourselves through some pain and discomfort for a finite period of time if there is a reward at the other end. This is a great lesson for life, maybe for another time though. This week's lesson is all about gravity. Gravity is a universal principle that affects us whether we like it or not. Why don't we just accept it and use it to our advantage?



There were several uphill stretches during the 14.38km run, the most notable and challenging being the Bolte Bridge. It was this hill that highlighted to me the lesson I want to share in this article. As I struggled up the hill, against gravity, for a good 15-20 minutes I watched hundreds of people doing the same thing. It was inspiring to watch and really helped my own motivation. They were doing brilliantly as they pushed themselves through the pain barrier to get to the top of that hill. It was then, after all the hard work was done, that the vast majority of people let it all go to waste. Why? Because they stopped at the top to walk and wasted gravity!

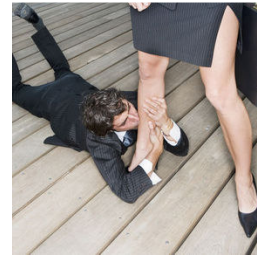
This is not the time to rest, this is the time to really enjoy the hard work just done, maximise the downhill momentum and **go with gravity**. Running down that hill with the wind in our hair and feeling of success of having conquered the hill is the fun bit. Our recovery will happen while we are letting

gravity take us down with momentum and it sets us up for the next challenging uphill surge. To stop after the hard work is like saying 'I am broken and beaten'.

Momentum is hard to get - once you have it, don't waste it

This happens in all areas of life. I have seen it numerous times in my career as a personal trainer. I see people do all the hard work to get started and get their body and fitness to a certain level and then stop, just when they have created some momentum. I see people in business work really hard to overcome inertia to get their business or career to a successful level and then rest and let it all go to waste.

It happens in relationships all the time - we work so hard to win the affection of someone we care about and think that is all we need to do. We then stop doing the little things that got the relationship started and strong. Surprise, surprise it starts to fall apart!



Once the hard work is done to get 'it' moving (whatever 'it' is for each of us) that is the time to keep it going really enjoy the flow and maximise the results. Would we rather put up with the frustration of start and stop all the time or would we prefer to enjoy the rewards that ongoing momentum and success brings?

There is power in momentum



Think about the effort it would take to push a car up the hill. It would be a hard, slow and painful slog! When we are finally at the top and just heading down the other side, how hard is it **now** to push the car? It is easy isn't it? What happens when gravity and momentum takes hold? Try and stop it!! We would have no control and would be unable to stop it no matter how hard we tried? As it picks up speed what power does that car have? What force would it take to stop that car?

This is the same in our life with whatever we are aspiring to achieve. It will take much time and effort to overcome inertia and gravity get our health, our business, our relationship and our other dreams moving in the right direction. Once we have some movement, some success and some momentum that is the time to push even harder to get things going over the hill and rolling with down the other side. We want it going so fast with so much power that we can't stop the abundance of success that will come as a result.

The secret is simple; once you have done the hard work, **do not stop!** Run with the momentum and '**Go with Gravity**' and **enjoy the rewards**



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