

SHAKE IT UP!!

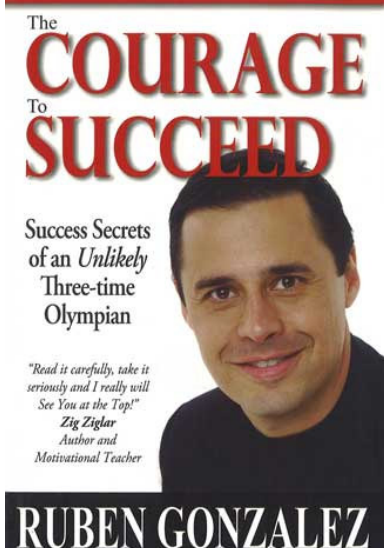
Do you ever feel like things are stagnant in certain areas of your life? Does it seem like you are sometimes treading water and just not getting where you want to get? Like you are exercising and eating well but your body doesn't seem to be changing? Like you are doing a consistently good job at work but not getting that promotion? Like life just seems stale and boring? I don't think that there are many people who haven't heard the saying *'Insanity is doing the same things over and over and expecting different results'*. So maybe now is the time for you to shake things up a bit!



We are all in the same boat

I often write articles about things that are really relevant in my life at the time. We are all human and, in many cases, all in the same boat and just because I am writing articles each week certainly doesn't mean I have these things all sorted just yet. It simply means I am on the path and continually striving to be better – if you are reading the articles I write then you are the same as me and I say well done!

Introduction by Zig Ziglar



This article was inspired by a book I am currently reading which was written by a guy who has most definitely shaken things up in his own life. His name is Ruben Gonzales and the name of the book is 'The Courage to Succeed'. It is the story of how he became a three time winter olympian in the dangerous sport of Luge. The most compelling part of this story is that at the age of 21 he didn't know what luge was, couldn't spell the word 'luge', and was considered crazy to think he could compete at an olympic level in that event! What he did have was a burning desire to be an olympian. It really just shows so clearly that whatever we want in our life, we don't necessarily need to know 'how' to get it we just need to know 'why'!

The man is crazy!

I really knew nothing about the luge until I started reading this book. This is a sport for thrillseekers! It involves hurling yourself, largely unprotected, down an ice track of nearly 2km, with up to 31 turns at speeds of 150km/hr plus... yes it is crazy!! Ruben had to learn all this from the start at the age of

21! The next few paragraphs are the words of Ruben Gonzales from his book...

*"My plan for the second season was to spend all winter in Lake Placid, take as many runs as possible, and see if I could qualify for the race that was to be held on February 1986. As soon as I got to Lake Placid my coaches set me straight. They said, 'if you stay here all winter, your progress will be slow. If you want to progress fast, you need to be constantly challenged. If you train at any track for more than 2 weeks, you'll get bored. Once you get bored you stop improving. You need to train here for 2 weeks, then 2 weeks in each of several tracks in Europe, **then** come back to lake Placid and you'll be a whole second faster.'*



*What they were telling me made absolutely no sense to me. How could training in Europe possibly improve my times in Lake Placid? It just didn't make any sense. But I'd promised myself that I would humble myself to my coaches' leadership and not question them. I had promised myself that I would take **all** of their advice on faith. After all, who was I to question the U.S. Olympic Coaches?*

That season I trained in Europe. I learned different things from every track and when I returned to Placid I was a full second faster than before. The people that didn't listen and stayed in Lake Placid all season never caught up!"

How can we shake it up in our own lives?

How does this story apply to us? In what areas of our lives can we challenge ourselves, do something different and really shake things up a bit? What things in our lives bore us? In what areas are we just stagnating? It doesn't need to be anything as extreme as what Ruben's coaches advised him to do. It may be something simple...

If you are plateauing with your health or fitness; try some different foods and/or try a different exercise regime. Just yesterday I recommended to a client to vary her exercise regime and include some shorter, but more intense interval training. Is your relationship stale? Why not do something crazy to ignite some passion back into it? Even just a card, a rose or a compliment. Why not get away for a romantic weekend? Laura and I did it last weekend and I can't recommend it enough. Is your work or business boring you? What can you do different to make it work for you and to get the results you would really love?

It is really easy to fall into a comfort zone and not challenge the status quo. It is easy to just settle for a life that is far short of what is possible for us and justify and blame other people and circumstances for our boring and stagnant situation. But what is just as easy, but will require a deliberate decision and immediate action, is to shake things up and challenge ourselves to keep growing, keep improving and keep loving our lives.