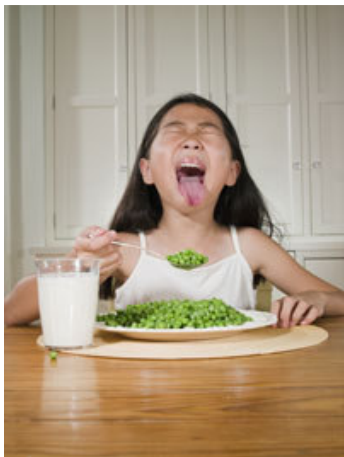


DON'T LOVE IT? DO IT ANYWAY



The process to being healthy, lean and fit is not always fun is it? The process to creating success in other areas of your life is not always fun either. Could I be bold enough to make a suggestion to you? Do it anyway.

In my many conversations with people who I am trying to help develop a plan to achieve their health and body goals I get an overwhelming number of people who say; "But I just don't like exercise" or "I really don't like vegetables." My response to that is very simple; "What does that have to do with it?"



Do you think I love exercise? The answer is a big fat 'NO' – I actually hate it! Yet, I exercise 5 or 6 times per week. Why? Because I know that part of the process for me to have the health, body and fitness I want is to exercise regularly and consistently.

If you have a goal and it is important enough to you, then there are things that you have to do on a consistent basis to achieve that goal. Enjoying doing those things is just a bonus! If the goal is important enough you will do them anyway and just simply change your focus and look at things from a different perspective.

Why do you have a toothbrush? Is it because you love toothbrushes with all your heart or because you want clean, healthy teeth? Why would you spend money on a power drill? Is it because you have always wanted a power drill or do you want a hole? Do you get what I am saying? If the end result is important enough you will just do what you need to do to achieve it, loving the process or not!

If you currently don't enjoy the process of getting yourself healthy, lean & fit, here are a few things to consider:

1. **Get emotionally attached** to the goal and write a list of compelling reasons why you will do what you need to do, love them or not.
2. **Change your focus** from the pain and discomfort or exercise or the taste of the few vegetables you are eating to the benefit of it and how you will feel afterwards. This is the only thing that gets me through every exercise session I do is the feeling and benefit when it is over! Boy do I love the end!
3. **Dare to be different** and be motivated by the fact that if you don't like what you are doing then most other people don't like it either. Most people won't do what they need to do – so get fired up because you are doing what most people wouldn't do. It means that you will achieve a level of wellbeing that most people never will and be able to do things that most people can't do. How great is that!

Understand that it is okay not to love the process of success, but it is not okay to let that be the excuse to not do what you know you need to do.

It is your health and it is your life – do you really want to leave it to chance?