

# PRACTICE MAKES PERFECT

**...BUT DOES IT GIVE US THE RESULTS WE WANT?**

**Do you play golf or know anyone that does? I remember playing golf regularly for several years, but just never improving nor getting the results I wanted. Why? Simply because my practice made me perfect ... perfect at a game that was never going to be good enough. I got perfect at the bad habits I continually practised!**



I did a talk this morning and spoke about wellbeing and nutrition to a motivated group of people. After talking about metabolism and how if we can't get it working for us, it doesn't matter what we do, we will always struggle to lose fat. A lady put her hand up and told the group how this was true for her. She had been eating a certain way for years, thinking it was the way to go, but had been unable to lose fat, in fact she had gradually put it on over that time! Her practice had made her perfect, just not perfect for what she wanted to achieve. I told her and showed her how just a slight modification in what she was doing would help her get the desired results.

## **What are we practising?**



The concept of 'practice makes perfect' is an accurate one. Whatever we practice will over time make us perfect. The question we need to ask is; what would we like to get perfect at? Or more appropriately; what would we like to do and how would we like to live? I see it time and time again people persisting with dieting and calorie restriction and wondering why they can't get the results they want forever. I see people continually puzzled because they lack energy, yet practice skipping breakfast most days.

When I was playing golf on a weekly basis, it continually baffled and frustrated me as to why I would always slice the ball. I blamed the ball, the clubs and the conditions but never once stopped to think about the habits I had developed because of what I practised 100+ times every time I played. I look back and think about what a different result I would have got if I had just learned and practised the right technique! D'oh! This applies in every area of our lives. If we are continually frustrated by the results we are getting in any area of life, it simply means we have just practised and got perfect at the wrong things.

## Learn and then practice

With my golf game the simple reason why I practised the wrongs things is because I never learnt the right things. It looked simple enough, just hit a stationary ball with a stick straight down a fairway and then just tap it into a hole. How hard could that be? What about losing weight? Just eat less and exercise more – doesn't that make sense? In both cases and in all other cases success is simple, but we just need to learn the strategies, subtleties and techniques first. This is where many people, including myself, go wrong!

We are going to do the work to try to get what we want anyway. Maybe we should just humble ourselves a little, admit that we don't know it all and then find out from someone who is getting the results we want what we should be practising to get perfect at. It really just depends on what results we want in our life.



## Find the right coach or mentor



The first step in this process of developing the habits that when practised will deliver the desired outcome, is to find a coach or mentor. This doesn't need to be a professional nor do we necessarily need to pay them, although it is worth it if we really want the result. The only one thing I look for in a mentor or coach is simply that have done what I want to do or are living the life that I desire. If they aren't then how could they possibly help me?

If my dream with my golf was to play professionally and compete on the world stage then I would find a coach who has done that. If I wanted to be financially free I need to find a mentor who has already achieved that. If I want to be lean and fit I want a trainer or advisor who is living that. There are too many people out there who are following the principle of 'do as I say, not as I do'. It is really easy to give advice, but not so easy to teach and mentor from a place of personal example and success. We need to be very careful who we get our advice from. If we choose the wrong mentor/coach or listen to the wrong people then we will end up back in that same place practising the wrong things and getting perfect at some other method that will not give us what we want.

**If we learn and continue to practice the right things, over and over and over again then we will get perfect. The good news is that this time we will get perfect at the habits that will allow us to do and live as we have always wanted.**

Andrew Jobling  
October 16, 2010

**AndrewJobling**  
ANDREWJOBLING.COM.AU