



## Live a little – Challenge yourself!

It's that time of year. People are tired, they're run down and they're starting to unwind and relax, which is why I thought it's timely to remind you about challenging yourself every now and then.

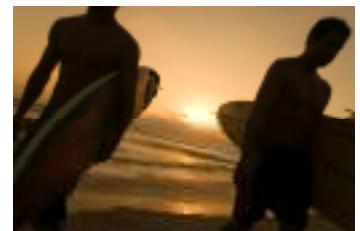
As you know, my training philosophies are about more than "food and exercise". I believe you need to have a healthy balance in your life that is realistic and something that you can maintain. If one aspect of your life is completely out of balance, how long do you think you can maintain it for? Realistically at some point in the future something has to give. I'm sure you know or have heard of someone that has been unbalanced and then 'wham' something happened. It was their health that gave way, a relationship that failed etc. Today I want to challenge you to stop putting yourself last and instead start thinking about some of those things in life that you've always wanted to do but keep putting them off for some reason or other.

I want you to begin to think about the small achievable things that you can do, but keep putting off out of fear ("*can't do that I'd look silly*"), or ideas that you keep putting off for other people ("*After all who else will look after the family if I escape for a couple of hours... I'm sure that the office will self destruct if I'm not there for an hour!*") Yes you know that I'm talking to you and you know that you've made those excuses before! So let's nip those 'silly thoughts' in the bud and get some action happening. My big wish for you is that after reading this article you'll realise that you're the only one stopping you from doing the things in life that you want to do.

I'm a firm believer in keeping things simple. Your mission if you accept it (which you do!) is to write down 5 things that you would like to do. Now if you're like most people at this point you'll be starting to clam up, you'll look for excuses "wow – the dishes haven't been done... I had better get to that filing" or you'll just continue to read and completely skip this step. It's a common trait, people don't like being pushed out of their comfort zone and getting them to do an activity were they actually have to write things down can be 'terrifying'. So bite the bullet - I challenge you to actually do this activity. By writing it down you will identify that it's something that you really want to do in life. And really, besides 5 minutes what do you have to lose (you can't even drink a coffee in 5 minutes, so let's keep it in perspective!) So please, I'm asking you to give yourself a little bit of credit and respect and go through with the activity.

By the end of today I want you to write down 5 things that you would like to do but keep putting off. For example here are a couple of things that I want to do and have written down:

- Learn To surf
- Go Heliboarding
- Try Kite surfing
- Write a book
- Run a workshop / seminar for my PT business



As you've probably guessed I'm a really active person which means my 'wish list' is quite physical. That doesn't mean yours has to be. What is it that you want to do? It might be:

- Go on a picnic day with the kids
- Have an afternoon with friends (no kids!)
- Go to an art class / cooking class /singing class / salsa dancing class etc.
- Go on a hike
- Complete a 5km run





What is it that's going to push your buttons? I reiterate again.... Don't freak out at this point and look for distractions. Remember keep it simple – after all at this stage we're only writing it down!



Why am I making you do this? Because personally I believe that once you write it down your focus begins to change. Subconsciously I believe that the brain will work with you to find ways to make these things happen (particularly when you review these goals regularly).

I keep a list of things that I want to accomplish. I review it monthly and since I've started creating that list (and keep updating it), it amazes me some of the stuff that I manage to do. I know it sounds like mumbo jumbo – but I believe it works.

Let me share with you an example. Glen and I recently headed up to Noosa for a 4 day weekend. Whilst we were there I decided that I wanted to learn to surf (it's been something I've wanted to do for ages). Now in the past I've had plenty of opportunities to learn to surf, but because it wasn't in my subconscious mind (I didn't have a list back then) I kept putting it off and telling myself 'nah I'll do it next time'.... (By the way – when does next time actually happen?)

We're in Noosa, its beautiful weather and for the first couple of days we had a ball. We played golf, went for a couple of runs along the coast, went swimming, ate out and drank lots of beers ;) . It came to Saturday and I realised that I still hadn't learnt to surf (I kept forgetting about it / putting it off). So I rang up and booked in for that afternoon. On the walk down to the beach (before our lesson started) it began to rain. At this point Glen and I looked at each other, waiting for the other to pull the plug and go back to our room. Thankfully we "soldiered on" and I'm so glad we did. After 30mins the rain had stopped and it turned out to be a gorgeous afternoon. Best of all was that the beach was completely empty except for our group because everyone else had taken off. We had fantastic time and we both managed to stand up and surf (*Give me a whoop whoop!*)

So what's the moral of this story, well there is two parts.

- 1) If I hadn't of been clear that this was one of my goals and something that I wanted to achieve there would have been a good chance that the weekend would have gone by and we wouldn't have been surfing.  
*I'll do it next time...or the time after that... or the time after that.... but I'll do it... maybe...* (Familiar with this pattern?)
- 2) Sometimes things come up and challenge you or get in the way of you doing what you want to do (in our case it was the weather). If we had of thrown in the towel or let something distract us we wouldn't have had so much fun. It highlights to me that you really need to persist with what you want. At the end of the day you need to evaluate how important those "distractions" really are. I'd like to bet that the distraction can survive without you for an hour or two!



So what is it in your life that you want to do but keep putting off? As you know my motto is don't wait for it to happen – make it happen. I think it can be a good reminder for us all and sometimes we all need a little push to make things happen!

I'd love to hear some of the plan's you've made for yourself!

And again, remember: Don't wait for it to happen – MAKE IT HAPPEN!

Happy Fitness!

Luv Amanda XxX

