

When Should I Start?

Have you ever noticed how big of a difference there is between talking and doing something? Talking can be so easy. Vocalizing elaborate plans to get in the best shape you have ever been in by engaging in a fitness program that has everything. Starting the day out with eating food, then going on a nice relaxing bike ride before headed off to work. Making sure to include your mid-morning snack/meal so your muscle is sure to recover and grow. After work heading off to the gym to just BLAST legs. Hell, that sounds so good that you are going to do it EVERY day until you are in that wonderful shape. It's easy right?

Yes, it is easy to get into the best shape of your life but there is some groundwork that needs to be done first. Talking about doing a fitness program is great, however it is nowhere close to actually taking the actions necessary to execute that program. There are times that the talk can come out so easy and just sound so good, but again, there is a difference between talking about something and doing something. If you are anything like me, I'm sure that there have been a couple of times (maybe a few) that you never quite got around to doing something that you talked about. It could be the couch that you vowed to move, or the room that you talked about painting, or getting the tires on your car rotated. It could be anything.

Talking about fitness can be a great comfort. It feels good to tell people about your plans to get in shape. Talking about the exercises, the sweat, and the gym may almost make you feel as though you are actually in the gym getting a workout. The reality of the situation is you're not working out, just talking of doing so.

In order to put a halt to worthless talking that doesn't get a whole lot done there are a couple of issues that need to be looked at. Talking takes time. It also takes energy to talk. Suppose you tell ten people all about your plans get your fitness life in order and start a new program, or be stricter with your current program. Not only does this take time and energy, but it also opens the door to negativity. Unfortunately not everybody is going to see every idea that you may have as a good idea. By the time that you get done telling ten people (or enough people to feel comfort) your intentions may be different. You may "realize" that you never wanted to do what you were talking about doing; it was a lot of work anyways.

Imagine how long it takes to fully describe something new that you are thinking of doing, or are going to do to a good ten people. Think of all the questions that are usually ask when explaining something new. Now think of all of the opinions that are told to you regardless of you want to hear as input to your idea or notion. Sometimes (which can be rather frequent for some if us) people's feedback to something like a fitness program is not always good and encouraging. They may have a different idea, or tell you why that program is never going to work. Then again there is a pretty good chance you will (or already have) be told about all of the wonderful food you will be missing out on, and what are you going to do about going out to eat with friends or family. These are all seeds of doubt that take a while to explain to people. Don't get me wrong, but I think energy like this could kill just about any good idea.

Now imagine just doing what you talked about. Imagine the liberties of doing the task you talked about once or twice without having to sell the concept to everybody at the office so you can get "support" and "encouragement" from your co-workers, friends, or

family. All of the energy that often gets wasted on telling practically everyone you come in contact with equates to quite a bit. This is valuable energy that could be spent getting started with that new fitness program. Think about what it would be like to have people start asking you what you were doing because you look great! There is a certain freedom in simply doing certain things you want to do without blabbing it to the whole town. Just doing it increases your chances for success by a hundredfold.


The best way to actually get your start on something new that you want is to plan it to happen. Plan a date and time that you are going to start and stick to it. It really helps to think about the activity you are going to do in advance. Take yourself to actually doing the program. Think about what you are going to be eating, how you are going to cook the food, how you are going to work out, and how wonderful it is going to be. This silent reflection actually prepares you for doing your plan. Through silence you stay on track, as there is nobody except yourself to de-rail your plans. As soon as you open your mouth to tell the masses you have just invited self-doubt, and negativity into your plan. We all know that negativity is one of the best ways to stop a good thing before it even starts.

The bottom line here is that if you want to do something you have to go for it. Being the talk of the town and trying to get the support of others often times backfires when it is about a fitness program. There are plenty of resources that offer all of the advice you could ever need to get the killer program that have always wanted to do up and running. So just go ahead and do it!

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