

Next Year is Here!!

Luke Barden, December 2013

First of all, a very Merry Christmas!!

It's almost the start of a new year. People will make up their resolutions, which are normally short lived and soon forgotten!!

Don't allow yourself to make a dream and just forget about it. We have been working for almost a year now. There will have been hard points, when you just couldn't fit it in, or just didn't have the energy to go. But I hope you managed to push yourself. The workouts that matter aren't the ones you do when you want to be there. They are the ones, that you force yourself to work through, when all you want to do is quit, all you want to do is walk out that door and go home. You literally change your future when you learn to drive on in those situations. It translates outside of the gym. It can be any part of your life. The more you put in, the more you will get out. You don't get out of life what you want, you get what you earn. This is important. And the faster you learn it, the sooner you will propel yourself to a level you have never operated on.

To quote Eric Thomas, make a fresh start this year. This is your chance, to make the rest of your life, the best of your life. Everyone has a dream, go and make yours real.

This January instead of making a resolution to eat less chocolate, or have a dry January, make a collection of small goals. Goals that you can hit. Like we discussed before; SMART goals. But make them life changing! Giving up chocolate for the first 4 weeks of the year will not do much for you in the long run (apart from possibly postpone diabetes?) Lead yourself to where you want to be. No one else can do it for you. You have to make sure if it means that much to you, you show it! Turn up early, be the first in and the last out. People don't just wake up successful. Your goals don't have to be 'realistic'. Who wants realistic?? Was it realistic to imagine lights that turn on when the sun goes down? Or vehicles that can move faster than the speed of sound? How about walking on the moon! But you have to be willing to work for it. No matter what you want, the biggest thing stopping you from making it happen, is you!