



Overcoming Obstacles & the Importance of Preparation!

Luke Barden, April 2014

Last month's article was about consistency, and how it will help you get to the place you want to be.

The idea that consistency is something that you can do without interruption and challenge is both idealistic and unrealistic. There will be obstacles. Be they financial, physical or mental; the key is to find a way past them.

There will be some things that require patience: Injuries, Qualifications.

There will be some things that will require solutions: Financial, Mental.

There will be some things that require that bit of extra effort: all of the above and more.

There are obstacles in all aspects of life. In fitness, each session should be about bettering your last results or achievement. That is a new obstacle for each session you do.

In sports, each opponent you play is your next obstacle, and you should never underestimate them, or assume you will just win. (I say this as a lifelong Spurs fan, who has seen them assume they will beat many smaller clubs, and then go on to lose!)

At work, it could be additional qualifications required to secure a promotion, or possibly a demonstration you are capable of handling more responsibility.

Any situation like this is merely an obstacle in your way. You can either let it get you down, slow your progress or even stop it all together.... or you can tackle it head on, and with the knowledge you will succeed.

Poor Prep = Poor Performance.

I believe this saying started off in sales? But it is applicable to most situations.

- Exams at school
- Job applications after school
- Tasks within work
- The gym (your nutrition is your prep!)
- Your hobby or sport
- Going on a holiday

The list is endless. Almost everything you do will go smoother, and have a much higher chance of success with preparation, knowing what you want to do, and what you need to achieve it.

This is why enlisting a sport specific coach, nutritionist, personal trainer, tutor or someone relevant to what you want is key to achieving your full potential. They will know how to prepare you, through practice, teachings and information, and point you down the path of success.

