

# JMB BLOG

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Consistency  
is the Key!

## ON STARTING & STOPPING, CONSISTENCY, HABITS...

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### **‘MONDAY IS THE DAY.’**

The new diet; the workout routine; whatever new habit or practice you intend to stick with: Monday is the day it all begins. Doesn't matter who you are – you've uttered a version of this at least once before. Then comes Thursday and, well, maybe next Monday is when it really begins...

Starting a practice is actually a point in the process most individuals are familiar with, and may be most adept at. Continuing and remaining consistent is where the struggle ensues. Mentally, I've realized for myself that the breakdown comes about if we don't string together days of 'perfect behavior.' Then it all unravels at that moment of weakness a few days in, and we're back at square one as if nothing you stuck with the last few days even matters. Here's the thing though: every day is day one. If you're the type to keep starting over from the beginning when you fail, you only get good at starting – so use that to your advantage! You don't need a string of good days, you just need one good day, followed by another, and another. If your weakness seeps out of you one day, start again the next. You haven't failed; only fallen, so get back up!

Give yourself a moment to brainstorm something you hope to achieve one day. If you hardly needed a full moment to bring it to mind, chances are it has been nagging at you for awhile that you should be getting started. What is the holdup? A lot of times I've noticed, for myself and from others, that the conditions are not ideal enough to get started. Not enough money, don't have the preferred equipment, need to find somebody to do it with [or motivate you], no time in the week, don't have the knowledge of where or how to begin...

If you can identify with any version of these thoughts, you certainly are not alone. Should any of those sound like your excuses, you need to hear this: *you don't need to be great to get started, but you have to get started to be great.* We have a wonderful wealth of knowledge at our fingertips, so use the resource to educate yourself on how to get going *today*. What is one thing you can do *today* to get the wheels turning. 'One day' will never arrive unless you make today 'day one.' Monday, or the first of the month, or at the start of the year, is 'one day..' mentality. But today – regardless of yesterday's stumble; regardless of lacking the proper materials or nonpreferred circumstances – can be 'day one.' You can have what you want one day – put it off for one day. Or you can keep making every day 'day one,' so that by the time 'one day' rolls around you are where you wanted to be. Simply by taking a little step every day.

Likely, none of this is new wisdom to you. It's been communicated in the most inspiring and clever of phrases and anecdotes, and anytime you hear it your first reactive thought is 'yea, but...[insert excuse].' 😊

# SUCCESS

IS THE SUM OF SMALL EFFORTS.

## REPEATED

DAY IN DAY OUT

We all get caught up in it. Accountability to oneself is among the most difficult aspects of consistency. Not sure about y'all, but I am darn good at compromising and having too much grace upon myself for *not* doing what I need to, or *doing* what I know I *shouldn't* be. This ends up being one main reason you hire a professional! If you're outside of doing that for any reason, then a lesson in developing habits may need to be your focus. What is one small, achievable rule you are able to set for yourself that will bring you one step closer to realizing your vision? Let's assume it is health-related, for example. Commit to drinking a glass of water first thing when you get out of bed in the morning. Do that for a week without missing a day. Simple, attainable, and it is a practice in keeping yourself accountable. Then build on it; one glass when you wake up, one before you leave the house; and so on... Habits cannot be habits without time being part of the equation! If you're able to break it down, be patient with yourself and with the process, and edit your daily practice one sliver at a time, accountability will no longer remain a factor – it is your habit. It's on autopilot. It is built-in, and your body will react when you neglect to give it what it was used to for as long as you were consistent. So your own body will therefore become your accountability.

Bad habits work the same, sometimes without you even recognizing it. Think about the holiday season and how many sweets you plan on avoiding, versus how many you actually end up eating. After the first taste, 'just a bite' becomes a full cookie at the next gathering. Then a few cookies the next time because it tasted so good and didn't feel too bad last time, and the scale didn't change. Then by the time the new year comes around, a gym membership is on the horizon because you have the sudden realization that some undesirable wayfaring LB's have hopped aboard for this part of your journey, and they'll keep riding along until you decide to shake them off. Then arises the question, 'how did I let myself get here?' It was that little bit of give, every single day. If you are able to shake yourself out of that trance and push back, turn that little lack of effort or mindfulness into an equal amount of intention, you will be on your way back.

Remember: your body did not become the way it is in a day, so you can guarantee it won't get where you wish it would be by tomorrow. In fact, the battle will be more difficult while pushing to achieve positive results. Unfortunately, the hard truth holds up that the negatives will tug on the results more than the positives – especially as we age. More factors are working into the equation as well, which make it that much more challenging to maintain the results you work diligently towards. That is why rewiring your brain into training *habits* becomes so crucial. Sleep, nutrition, stress, hydration, and movement all affect the goals that you are expecting to achieve in the gym. Understanding where you are in each category on that spectrum is only the beginning.

Developing, nurturing, and managing those aspects is how to turn those D's on your health report card into A's. It isn't all about how much you sweat or how sore you are after a workout. How are your sleeping habits? Eating habits? Stress management? Moving and hydrating tendencies?

If you're the type of person that has all this in line; you're feeling well, strong, looking good in the mirror, have an acute sense of your body, and all your habits and practices are set, *you are no exception!* You may be resting on the most dangerous podium of the entire rank. Now it is maintenance that requires your discipline. If life pushes you off track, how well are you able to snap back? You're pedaling along a nice flat path at an eased pace; there's a long downhill ahead that you can coast; but what slopes down must rise again. There is an uphill battle always in your future, seemingly at the very moment you are feeling the most content. You better give a little juice on that downhill ride then and embrace the speed, because it is easier to stay in motion than to start the motion. When one of those categories [sleep, nutrition, stress, hydration, and movement] begins to slip, it pulls on a few more, which continue to drag along the others until one day you question where it all went. Pay mind to your habits. Every. Single. Day! Pedal on the downhills. Don't let the knot loosen from the stressors of life trying to undo you – cinch it back up the moment your eyes open for each new day.

Make **today** your day. Make today **your** day.

**“The secret to your existence is right in front of you. And it manifests itself in all those things you know you should do but you're avoiding.”**

**~Dr. Jordan B Peterson**