

In order to get something different from what you've always had, you need to do something different.

"If you always do what you've always done, you'll always get what you've always got." - Henry Ford (or Tony Robbins, Mark Twain, or Albert Einstein, depending on who you ask!)

The origin of this quote is less important than the impact - having a goal (or goals) will fix your course.

We must BUST this notion that things should be easy and convenient when it comes to CHANGE.

The word "meander" comes to mind. When on a hike, it's important to follow the signs. You cannot meander unless being lost is okay with you. (that was us yesterday on a hike!)

Meander as a noun means a winding curve or bend of a river or road.

As a verb, it means to follow a winding course.

The shortest distance between two points is a straight line, according to Archimedes.

Is it ideal? Yes!

Is it possible? Sometimes...

But this revelation of easy and convenient as a guiding principle puts you on a meandering path heading only to the Carousel of Crazy.

Easy means without great effort, and convenient is fitting in easily with little trouble.

CHANGE is never easy or convenient!

It's mentally taxing, requires energy, planning, and the most important part, a CURATED environment.

So yes, you need to think it through but I've noticed a tendency to get bogged down by the details.

So here's help to get off the Carousel of Crazy notion of easy and convenient, and instead, correcting it to simple and slightly awkward!

[Remember: New is new - and it's different and a little awkward to think new thoughts and create a new plan!]

1. Have a simple plan: For example, the Down and Dirty Sprint, an easy green + protein rule, etc. This is easier on your brain and it's less likely to rebel.

2. Prepare as much as possible - write it out, print it out, make your own notes and highlights--especially the Hot Melt Sprint. Your success is dependent on your understanding.

3. Remember, a plan is only good if it is USED. You've joined the Sprint to BECOME leaner/ stronger/ healthier/pain-free! Remind yourself of your WHY--even write it out in a Sharpie at the top of your Sprint Guide! This is important.

4. Use the Piggyback Technique - this is adding a NEW task, behavior (and ultimately habit) to something already established. For example, emptying the dishwasher can be a trigger for a 4-minute workout.

5. Curate your environment:

- Purge your pantry (or curate your own, separate pantry).

- Surround yourself with Quotes to keep your WHY top of your mind.

- Have a Mindful Mug to remind you to Target Trifecta your plate.

- Use your rituals DAILY and write out your goals to keep you laser-focused.

- Change your usual habits. Is the TV a trigger for popcorn, for example? Try a new hobby to keep your hands busy.
- Are you distracted by games on your phone? Keep it in another room.

When your environment matches your desired outcome, your behavior will fall in line more easily.

Don't fall for the myth of EASY and CONVENIENT.

That's what fast food is - cheap and deadly.

Instead, go with a simplified, curated environment knowing it's going to be slightly awkward because it is new.

New isn't impossible, too hard, or overwhelming.

It's just new - and using these techniques will help you overcome and have the BEST SPRINT YET!