

"TREAT YOUR BODY LIKE IT BELONGS TO SOMEONE YOU LOVE."

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Determination helps to get you through the inevitable rough patches in life. It is no good daydreaming about the person you want to be and the goals you want to achieve -- you need to wake up each morning and BE that person. I tell myself every day that "I am an athlete," because I want to be strong, fit and healthy.

Identify with who or what you want to be using your "I am" statements. This is your starting place. How do you take this identification and move towards determination? Through specific systemization!

Specific systemized habits feed the fire of determination, and habits are what separate the doers from the wishers.

Think about specific athletes like Diana Nyad or Michael Phelps. There are plenty of other athletes with the same goals- what was the differentiator?

Determination, habits and never quitting!

We already know that determination creates grit, but how do we harness our weak determination into absolute fierceness?

1. Intention: Start with BEING who you want to be. Use positive I AM statements to set your intention each day.
2. Question Matrix- WHY: Why do you want this? Keep asking yourself WHY until you find your core reasoning. Not everything is a cosmic 2x4, but you need to own it.
3. Deliberate practice creates strong habits- even when you don't want to or when it is hard.
4. Have a Plan B for tough days. Don't quit- shift your mindset!
5. Get rid of mental fatigue by creating hard and fast rules for certain things. NEVER and ALWAYS, for example, as in "I never eat straight from the bag."
6. Commit to it. MARRY IT!
7. Determine your "hows" as you go. You don't need to have everything laid out, just start!

8. Be open to realign all that you assign. In other words, be flexible and find creative ways to make it work for you. Just because you have knee problems doesn't mean you can't work out, it just means you need to find an exercise that is gentle on your knees, for example.

9. Keep your eye on the prize! Hang your goal jeans on the back of your door for motivation, or whatever works for you.

10. Determination like this creates the most incredible vibrancy imaginable. Life stops happening to you and instead starts happening for you when you start to be, say, and identify with determination.

You've got this Lovely - GRIT - NEVER QUIT!