

Have you given yourself permission and instruction to become your best self, and to stay the course?

Yesterday I spoke about 7 things that help us get what we want.

1. Your consistency is more important than your intensity. I did a Tabata class on my Peloton yesterday, and I struggled to keep up with the trainer. Instead of beating myself up, I stopped to think about it: is it more important that I am here, putting in the work, or that I can keep up with a 20-something-year-old professional cyclist? Right at the hardest part of the workout, Jesse King shouted out, "Tell yourself 'I AM AN ATHLETE!'" This is something that I tell myself daily, and I felt like it was a reminder from God that I am worth it and I can do hard things. There is no shame in not being able to keep up - it just means I have a little further to go. I showed up yesterday, I showed up today and I will show up again tomorrow.

2. All you have to do is win today. Sure, you can have visions and goals for the future, but today you just need to focus on winning the minutes and hours. Be all in, and stop beating yourself up about yesterday. Yesterday was a Beatles song- and now it is time to Let it be. Focus on being the very best that you can be today.

3. Compare you to you. Remember, what works for you may not work for someone else, and vice versa.

Compare what you did yesterday to what you did today - not to shame yourself but to analyze it. Yesterday I did this and today I am going to do a little better. When you compare yourself to someone else, you give yourself excuses or "Yeah but... 's" instead of putting in the work.

4. Facts always trump emotion. We often get lost in the weeds and bogged down by all the garbage around us. We don't stay in one emotional state all day. If our operating systems run off of facts, why do we allow ourselves to be swayed by emotion? Unplug from the emotions. Acknowledge them and allow them to be, but don't let them dictate your actions. Facts keep us centered. This doesn't mean that we don't feel, it just means that when we make a decision, facts matter.

5. Shame is never an option. Instead, we need to shift to the lesson. Remember Mr. Rogers? In times of crisis, when things were terrible, he said look for the helpers. We are used to putting ourselves down, and by all means don't abdicate responsibility, but look at the situation and ask "How can I win this moment? How do I help myself out of this?"

6. Mind your words. Everything you say is either an instruction to build or to destroy.

I ALWAYS: follow through, OR mess up?

I NEVER: put myself down, OR say no to donuts?

I CAN'T: lose weight, OR believe how strong I am?

I AM: lazy, dumb, or worthless, OR a strong, courageous woman who can do hard things?

Step into your better self.

7. Hang out with the right crowd. You need people to love and support you, to be there for you, and to give you an “Atta girl!” from time to time. Get away from the people who are bringing you down. Can you imagine what the world would be like if we were all part of the rising tide?