

**"That which is convenient you do not call
commitment."**

-Ravi Shankar

Convenience stores sell crap - usually overpriced crap at that.

Convenient is like a fast-food drive-thru...it's easy and requires no trouble or effort.

We want *convenient* for shopping - I use Amazon, Wild Pastures, Ava Jane's Kitchen, Fresh Pressed Olive Oil Club, and Misfits Market for produce...it's all delivered to my door.

But my commitment to being an athlete (for example) is not at all convenient.

It demands commitment, and I feel that commitment when I show up, even when I don't want to.

The wisdom of understanding that we can have both convenience AND commitment is in the BALANCE - because both bring comfort even though commitment is harder.

I'm talking about this because I am guilty of trying hard to figure out how to make EVERYTHING convenient.

- I set up a gym at home with a Peloton bike, Rebounder, weights, and fitness apps.
- My routines and rituals are (mostly) habits and have become a part of my life - it's second nature to make my bed, tidy up, and cook a healthy dinner daily.
- I have stuff delivered.
- I timeblock my time.

BUT...we have to understand, not everything is convenient and easy.

But it doesn't all have to be hard, either.

We are all seekers, but too often we are looking for convenience over commitment.

One, but not the other.

Wisdom tells us we must transcend convenience and instead align with commitment.

The cool thing is you CAN do both!

How?

1. Create a schedule for your workouts. "Conveniently" tuck them into your day, throughout your day.

2. Create piggyback habits. If you've got one habit down pat, let that be the trigger point to start something new.

3. All or nothing is perfectionism, full stop. Access, evaluate, try things, and keep on keeping on!

Finding your own blend of convenience and commitment is how you make a truly customized approach to your own life!

There is no guru, book, or program that can create your life just the way you want it - that's on you to do so.