

# Episode 067: Momentum Part 1 - How to Get Your Mojo Back

This is the TD Fitness Podcast with Coach T, episode #67.

Welcome to the TD Fitness Podcast, giving you ways to live a healthy lifestyle without giving up the things that making life worth living. And now your host, certified health coach and personal trainer, Coach T.

Hey, what's up, guys. Coach T here from the TD Fitness Podcast. This is episode #67. And this episode is about momentum. In fact, this is Part 1 of a two-part series and this one is entitled "How to Get Your Mojo Back".

Momentum is such an important concept. I mean, books have been written about it. People go on speaking tours, talking about momentum and how to gain forward progress in work, in life, in love, in fitness. So, it is vitally important.

I feel though that while most of us are so busy searching for ways to get momentum, to get that mojo back, we often overlook how extremely powerful this really is. And it's not just a matter of getting back into the groove, if you will. I mean, momentum is not just a steady state or predictable path. It is truly a path that can lead to better and better results. It's about improving, not about the status quo.

The important thing is how do we start or restart the momentum train so that you can get those huge results in life? So, the two takeaways from this episode, number one, there is actually value to the term "fake it till you make it". And number two, true momentum is more like a snowball effect. It's not a steady state of being, so I want to dive into both of those.

Let's start with the first one, fake it till you make it. My wife and I are marriage mentors, so we have the opportunity from time to time to work with and and talk to couples who are looking to get married or who are already married and who just wished to benefit from maybe some outside advice and a little bit of insight. And one of the things that we talk about with these couples as you might imagine is what it means to love.

And the point that we make here is that love is not a noun. It's not a thing. In fact, just a couple of days ago, I was reading my morning devotional and it talked about how people say that they fall into or out of love like it's something that happens to them, like love is a state of being. And that's how many people look at it quite frankly.

I will tell you though that after 13 years of marriage and almost 20 years of knowing my wife, what we've learned is that love is more of an action than it is a place or a thing or a feeling. Love is doing things from a place of selflessness. It is taking a step forward to forgive, for example, even when it's hard. It's the actions that we take that show or that create or that foster what we call love in relationships. You don't wait for love to hit you. You have to take a swing at it.

Another example, and this is from a Seth Godin podcast that I listened to recently. I'll link to it in the show notes, but here's what he says. He says that what we know is that we change

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our beliefs by changing what we do, not the other way around. That if we start acting like a generous person, for example, we will come to believe that we need to be generous. It's not the other way around. So, if we want to change the way a community believes, we begin by changing the way a community acts.

What Seth Godin is saying here is that action comes before habit. It precedes the habit, not the other way around. Action has to come before that momentum. And what my previous example says is that if you want to experience love, then you have to practice it first. And when it comes to work, a lot of people incorrectly think that if they get the job of their dreams, they'd show up with that passion to work every day. But in reality, if you show up with passion every day to do something you may not be as excited about, you'll find that the opportunities present themselves and then that eventually you can work toward that job of your dreams.

To use health and fitness examples, a simple one is that you don't invest in a treadmill thinking it's going to make you a runner, right? No, you start running consistently, i.e., you start along the momentum path and then the treadmill comes in because it's used as a tool that you can gain even more momentum. And if you want to start eating healthier, you may not need to jump on that crazy diet train. You know how to make improvements in what you're doing right now, so that is where you should start.

Some will say this concept is called fake it till you make it. Though I don't necessarily like the connotation that that phrase presents, I do agree that your first step in gaining or regaining momentum is to act in the way in which you hope to be. So, if you want to be a runner, start running even if you're bad at it. If you want to live a healthier life, start by believing that you can and take small steps in that direction.

The way to gain or regain momentum is to do what you hope to be. The rest will catch up, and here's how it will catch up. Number two, momentum is more of a snowball effect. It's not a state of being. And this is really why I say it's so powerful. Imagine if you will a spectrum of momentum. So, on one end, you have no movement, no momentum at all and there's also no effort being put forth at that end. We're just static, if you will.

But once you start to put forth a little bit of effort and start to move across that spectrum like I explained in point #1, there still isn't much momentum but in just a little bit of time, things start to catch on. And while you would think that more and more effort is required to continue to gain even more momentum here, to continue to move even further along the spectrum if you will, the opposite is actually true.

And that's the beauty of momentum and why I say that it's a snowball effect because now your effort can stay the same and can actually taper off a little bit while the momentum and the benefits from that momentum continue to grow. Imagine that snowball, you start small. You ball it up, you put it on the ground, you push it along all the while picking up more snow as it rolls across the ground. And before long, it's rolling by itself down the hill and it's gaining and more and more momentum, and it's getting bigger and bigger. That's what I'm talking about with the analogy.

Many of you know ... I'll give you another example here. Many of you know that I participate in triathlon races. And I'll tell you that there's a lot of physics and aerodynamics that goes into racing particularly when you're riding a bike. I don't claim to understand it all, but I am familiar with the general concept and that's what I'm trying to relay here.

So, with my bike and my tires, they're made in such a way that I have to expend some effort obviously to get it going just like any bike. But the faster I go, the faster it wants to go. It becomes more aerodynamic as the speed increases even though I'm putting forth less pedaling effort.

The same concept applies to gaining momentum. So if you think back to that spectrum, the way momentum works, you put forth effort upfront by taking action. And I said that in point #1 and you'll find that your effort levels level off. They level off while the benefit of your efforts continue to grow. Again, let's bring this back to health and fitness. I know I'm using a lot of other examples here but I'm trying to illustrate the point.

Bringing it back to health and fitness in practical improvement in our own lives, what exactly is happening here? So, when you start something new or you start to make an improvement in your health or in your life, the actions you take actually start to create a pattern in your life. It doesn't feel natural yet but pathways are being created in your brain the same way those pathways are being created in the same way that whatever negative habits that you have were created years ago.

It's the same concept. Once you start to create this new positive habit, then confidence grows. Your confidence grows because confidence stems from having been successful at things in the past. As you practice the habit more and more, your confidence increases. William Hazlitt said as our confidence grows, so does our capacity.

Now, you have consistent action and confidence, and you start to feel better about your actions. And that is the beginning of what we'll call automation because when you get that positive feeling from doing something, your body and your brain, they want to do it again and again and again making it more automatic. And that, ladies and gentlemen, is the making of a habit.

But I haven't even got into the best part yet because there are what I call the transitive properties related to confidence and feeling better. Meaning that once you have success through consistent action and a little bit of momentum in, let's say exercise, for example, you start to believe that you can have the same type of success in other areas of your life. And guess what? You can. That is absolutely true. The momentum from fitness spills over into the diet arena, for example. The momentum from that spills over into your work life maybe. The momentum from that flows over into your relationship life and on and on and on.

Maybe it's starting to make sense now why I'm passionate about helping others complete their first long distance triathlon because I know that the confidence you get from doing something you never thought you could do, that creates an unstoppable force of forward progress for the rest of your life. Even if you regress at some point later in life, you will always be able to fall back on that thought that you accomplished the impossible before, so why can't I do it again? That is very empowering and it's so important to have that mindset going forward because when it comes to each of the domains of your life, your physical health, your mental health, your social health, your spiritual health, you have to be confident and understand that you can indeed achieve.

When I started the TD Fitness blog almost 10 years ago now, I actually thought I'd eventually run out of things to say. I was apprehensive about that like what am I going to do after I exhaust all my ideas and topics for discussion? And then when I started the podcast now 66 episodes ago, I again thought that I might run out of things to say. And here's what I found. I found that taking the action of sharing my thoughts on this subject and others like it on a

subject that I'm so passionate about, it continues to create even more ideas of what I'd like to say and to present to help you with your health and fitness goals.

And it's a lot easier for me now too, and that is exactly what I'm talking about on this spectrum. The momentum starts to increase simply by taking action in that direction. So, what's the big takeaway here from all of this? The takeaway, to put it bluntly, is that you just need to start. You put forth effort in the beginning and you may see very little momentum but then it comes. More momentum comes later and later and less effort has to be put forth because that effort has now started to turn into habits, and true habits are almost effortless.

This is Part 1 like I said of a two-part series because I feel like I owe you a little bit more on this one, namely what happens when the momentum doesn't come after that initial effort that you put forth? So, come back for next week's episode entitled "I Tried, No Results, Now What?" I hope to see you there. But before I sign off, I want to remind you that you can find the show notes for this episode at [TDFitness.net/067](http://TDFitness.net/067). And let me know what you think about all this. Tell me where you will start, where you will take action this week.

If you like this episode, don't forget to rate it in iTunes or Google Play, if you're listening there. And again, I'm signing off wishing you happiness and health. Thanks for listening. Coach T out.