

June 2020 Fit Clips

This is the TD Fitness Podcast with Coach T. Episode number 97.

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

All right. Well, welcome back to the TD Fitness Podcast, back to episode number 97. This is another compilation of some of my more recent fit vids. Two primary themes for this episode. The first is under the personalization mindset or model, if you will, of our healthy living action plan. Under personalization, we want to first make it about you. Then the second thing is that you need to be involved in your change.

When we talk about making it about you, really, the goal is to determine who you want to be, and then you work towards becoming that person that you want to be. So focus on who you want to be, and that will help you determine what you need to do. The second thing is to determine your true why because that drives your internal motivation. Then start from where you are. What do you do well? What do you not particularly do so well? Start from where you are, and that will serve to pay dividends as you look towards improving your healthy habits.

Then the second category, being involved in your change. This is the only way to truly make it personalized to you because you know you better than anyone else. Also, involvement creates buy-in. And then finally, developing the skill of improving is really more important than the actual improvement you want to make. Those are some of the topics that I covered in the most recent fit vids. I've compiled them here for you. Again, they both fit under that theme of personalization as we look to or seek to implement those healthy habits. So enjoy. I hope you find this useful in your journey towards healthier living, and we'll be back again next month with another podcast. This is episode number 97.

Over the last month, we've covered the first three of my principles of adding healthy practices to your life. We've hit belief, we've talked about letting go of the past, and we talked about being honest with yourself about where you are on the journey, looking specifically at your readiness for change. Once you lay that groundwork, the challenge is really in creating personalized habits to support your goal of becoming the person you want to be. Over the next couple of weeks, I'd like to focus on the personalization piece, making it about you. It's important to understand here that goals are defined by who you want to be, but they're influenced and implemented through who you actually are.

Starting with who you want to be is a fundamental piece of the puzzle that we seldom think about. We often overlook that. Here's a non fitness example. You may say, "I need to spend more time with my kids," or, "I need to communicate better with my spouse." Those are certainly noble aspirations. But what happens when the demands of work prevent you from spending time with your kids or the demands of parenting prevent you from taking the time to communicate with your spouse in a loving manner? A better approach is to determine the type of person you want to be. Then you can tie everything you do back to that overall goal. This helps to fill in the blanks and helps you prioritize when you're faced with decisions. Because living a better life is all about making decisions, aligned with the type of person you ultimately want to be.

Here's what I mean. Rather than having a goal of spending more time with your kids, I personally would envision the type of father that I want to be. Then I'd ask, what is it that that type of father would do in this situation? Well, he'd probably leave work a little bit early and go home and ride his bikes with his kids right now like he promised, or you could ask, how would the type of husband that I strive to be communicate with his wife in this situation? Maybe I'll do that right now.

Hopefully this makes sense. The key question I think for you as you look to live healthier is to ask, what would this healthier version of the person I want to be do in this situation? Asking that question puts your decisions into perspective, and it allows you to focus on the big picture, which is ultimately important when trying to fine tune your habits. Thanks for listening.

It's the engine, not the destination that drives you. Think for a moment about where we start when we look to create healthier lifestyles. We usually start with the destination, with the end goal that we seek to achieve. There's nothing wrong with that. But where we tend to get sidetracked is when we place so much emphasis on the goal that we neglect our starting point and more importantly, what drives us along the journey.

Here's what I mean. A goal to lose 15 pounds in three months. That may be a good one, but what is it that's going to keep you going toward that goal when you're three weeks in and it gets tougher and tougher to maintain that exercise routine and those changes in your diet? This is where your true why comes in. Your true why is the real deep down reason for your goal and your actions. Perhaps you want to lose weight to feel better or you want to be more physically capable for your kids or to improve your self confidence. Weight loss may be the goal, but your true why is something else. In his book, Atomic Habits, James Clear writes, "You don't rise to the level of your goals. You fall to the level of your systems." I would add that you don't rise to the level of your goals, but you fall to the level of your motivation. If

you can keep the real reason for doing what you're doing at the forefront of your mind, you'll find that the drive you need may come a little bit easier.

In the last segment, I talked about your true why, but there's actually another really important piece to your engine or the driving force for change. That is the type of motivation that you have and where it comes from. I'll cut right to the chase. The motivation should come from within. If you look to stick with longterm change, it's got to start there. A coach yelling at you, a doctor telling you that you have to improve your health, a friend telling you that you need to lose weight. Those things will only take you so far out of the starting blocks. Your drive and your desire need to come from within. It's what we call intrinsic motivation. The reason this is important, well, it creates buy-in. If you think about it, change itself is already difficult enough, right? You need to believe. You need buy in because at the end of the day when you're wondering why you're putting yourself through all of this, you need to be able to fall back on your belief that it is indeed worth it.

So understand that your belief in why you're doing this and your belief that you're doing it for yourself or for the ones you love, that's important. It's intrinsic motivation. The motivation that comes from within.

How much would the perfect personalized nutrition plan or fitness plan be worth to you? I'm talking about one that accounted for every single aspect of your motivation, your desires, your time available, the exercises or foods that you enjoy and avoided those that you don't enjoy. I'm talking about the perfect plan. How much is that worth to you, and how do you find it?

Well, here's the thing. The person most qualified to create that plan for you is not the best trainer in the world. It's not the coach or the dietician or the nutritionist at your local gym. And it's not me. It's you, and here's why. It's because no one knows you better than you do. The best plan is one that you'll stick with.

As we continue the discussion on how to personalize your approach to healthier living, you may remember that last week, the last series of fit vids focused on personalization by thinking about the person you want to be versus the goals you want to achieve and personalization through tapping into your true why and finding your intrinsic motivation. Again, as we continue with the discussion of personalizing your approach, remember that you are the most important qualified and prepared person to plan your change.

If we're simply talking about improving your health by improving your habits, you don't need special training on which exercises are best and you don't need to count every calorie. You simply need to try to do a little bit better in certain areas of your life. Most importantly, don't try to be someone you're not. Instead, strive to be someone who does better than your current self.

When the topic of better health or self-improvement comes up, we often talk about motivation. Actually, we talk about a lack of motivation or how to find more motivation. Well, allow me to offer some perspective on motivation and buy in when it comes to self-improvement. I mentioned in my last post that the person most prepared to personalize the change you want is you, right? Well, an added benefit of you taking an active role in your change and not simply grabbing a plan from the internet or from a trainer or coach or a nutritionist, the benefit of you owning it is that ownership creates buy in. When you're bought in, you're invested in the change and by extension, in the outcome. That's such an important part of motivation, feeling like you're involved and not just along for the ride. If you want to find more motivation, be more involved in creating the plan or approach for the solution that you seek.

If you're a church goer, you may be familiar with a discussion topic that comes up in the church from time to time. That is the notion or the direction really to tithe. If you're not familiar, tithing is giving of what the Bible calls your first fruits back to God. Today in the modern setting, it really equates to giving money to the church first before you spend on yourself or others. But the discussion, the debate often centers around one of two things. Either how much to give or where the contribution or the money or the donation should go from month to month. Some pastors and scholars point out that the Bible says it should go to the local church, but there are others who believe that giving even to the person in need down the street or to your favorite charity is a form of tithing as well.

But I'd say this. While those discussions may be important, depending on the context of the conversation or the debate, I think what's more important is that you give. What does that have to do with health and fitness? Well, I'll draw on a quote from a successful entrepreneur and course creator Amy Porterfield, who says that, "People quit because they don't get results, but the real result is in learning the process." That's why I say that it's more important that you give than how much you give or who you give it to because the spirit of giving and tithing teaches you to be a giver and tither. Similarly, the practice of living healthier and getting better in certain areas of our lives teaches us to live healthier and to be better.

All right, folks, there you have it. That is it for this month's fit vid collection. Again, I hope you found something valuable there, and more importantly, something actionable that you can actually seek to do as you look towards improving your healthy habits. As always, you can follow these fit vids on our social media channels, on Facebook, on Twitter, Instagram, and you can catch them on the TD fitness website at TDFitness.net. They're all there on that homepage. Obviously you can get it here on the podcast as well. I appreciate your time. I appreciate your attention. You all have a happy and blessed month, and I'll be back next month with episode number 98. Coach T out.

