

Be. Do. Have.

This is the TD Fitness Podcast with Coach T, episode number 100.

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, guys. Hey, welcome back to the TD Fitness Podcast. This is episode number 100, entitled Be, Do, Have. And I am excited. This is a milestone in my book. It's a little bit something different from my recent episodes. If you recall, my more recent episodes are essentially recaps and compilations of the past months fit vids. I decided to do that so that I could package up essentially those themes from month to month and provide those in a podcast form that you can listen to at your leisure.

But what I decided to do here was kind of take it back to the basics, back to that thought of the day or topic of the month construct that I started with back in episode one. Because I want this episode to be a little extra special as the 100th episode.

My goal has been to continue to provide consistent, tangible, simple, yet effective advice throughout all of this. And the fact that we're on episode number 100 right now, this is a huge deal to me. And I feel immensely blessed to have folks like you listening to me share some thoughts in hopes that it will help you to live a healthier life.

So let's dive right into it. What question are we answering here in this episode, episode number 100? We're going to compare the have, do, be construct with the be, do, have construct. And this may or may not be familiar to you. It's something that I just frankly learned recently in some continuing education that I was doing. And I thought that it was important enough that I wanted to package it up and kind of put my take on it as it relates to healthier living and living a healthier life.

And this is important because when you look at things through a particular lens that you're not used to looking through, it not only opens your mind, but this concept in particular can really be a game changer if you're struggling with finding the time or with finding the motivation to live a healthier life.

So to kick this off, here's what I want you to do. I want you to think for a moment. Think about the words that I'm about to say. Think about whether they describe you perhaps. Maybe you've said these words, maybe the story sounds familiar and maybe you've heard someone else say these words, but here they are. I only have a limited amount of time. My

schedule and my other obligations just prevent me from doing more toward living healthier, so this is who I am. This is who I must be, and this is the life that I have to live.

So in hearing or stating those words, I'd like for you to focus on just a few key words, three words in particular, the words have, do and be. You heard me say, I only have a limited amount of time. My schedule and other obligations prevent me from doing more toward healthier living. So this is who I am. This is who I must be. This is the life that I have to live. So again, those short phrases, I only have, prevent me from doing, who I must be. Have, do, and be, three simple words.

Let's try another one. The threat of COVID-19 has me confined to the house. It limits what I can do. It limits my ability to be someone who lives a healthy life. Again, have, do and be. These are familiar stories that we tell ourselves. This is what I have or this is all that I have, therefore, this is all that I can do. So this is who I have to be or who I can't be because of it. And I should just accept that. Well, listen, I don't accept that and you shouldn't either because remaining trapped in the have, do, be mindset will prevent you from being your best self and from living your best life.

So why the riff on these three words? Why am I picking on have, do, and be? Because actually these words are very powerful. And when put into perspective, they can work for us or, to say it a different way, when put into order, these words are immensely powerful.

As I said, this is episode number 100 of the TD Fitness Podcast. And I am extremely proud to be coming to you here for the 100th time via podcast. And when I dropped that very first episode back in 2017, three years ago now, I started with some thoughts and advice on connecting the dots between healthy habits, healthy behaviors, and a healthy lifestyle. I started with this and this has remained the theme since the beginning, that the building blocks of healthy habits lead to enduring behaviors that result in a healthier lifestyle. And this isn't a have, do, be approach. It's a be, do, have approach. In order to be someone who is healthier, I must do the small things, those habits, if you will, that will allow me to have healthier behaviors.

In his book, *The 7 Habits of Highly Effective People*, Stephen Covey introduced and described the be, do, have approach. And it starts with a key question. That question is this. Who do I want to be? In step four of my 12 principles for healthier living, the focus is on making your goals about you and asking that very question, who do I want to be? That's the central theme in that principle. Because once you decide on that, things just get so much easier, the focus becomes clearer because you start with the end state, you start with an understanding or a realization of that person that you want to be. You identify that. And there is so much power in this.

I won't go into all of it here, but I will say that deciding who you want to be is, in many ways, the most difficult part, because it comes with an inherent obligation to do the things that people like your future self currently do. I want to be someone who exercises regularly. Well, people like that do things a certain way. They live life a certain way. I want to be someone who consumes primarily a plant-based diet. Well, people who do that make decisions every day at every meal. I want to be someone who my girls will always look up to and know that they can always come to Daddy. That, too, requires me to make some decisions every day about what I truly value in life.

I want to be the best friend, strongest supporter, and lifelong love of my wife. And that certainly comes with some decisions and priorities that I constantly have to work at each and every day. Again, once you decide who you want to be, then some of the blanks, those questions and that white space in life, that doesn't seem so uncertain after all.

And it leads us to the next question. The question after who do I want to be is what do I have to do to get there? What do I have to do to be that person? And then the follow-on question, do I have what I need to get there? Because if not, I may have to alter what I do, right?

As I think about this, I am so glad that I settled on this topic and this concept for episode number 100 because that is why I'm here. That is why TD Fitness exists. That is why I created TD Fitness, to help you, to help you be the person you want to be. I coach and train members on what to do. And I work hard to give you the tools that you may not have.

So with all that as a backdrop, let me shift into another way to think about this concept. And what I'm about to tell you is something that you can apply to so many areas of your life, to work, to family, just about anything you encounter on this journey. We're specifically applying it to health and fitness here, but it can really be applied all around. And it is this. In order to be someone who lives a healthier life, someone who is healthier, it requires perhaps a different approach to balancing the wants and desires of now with the necessities and the aspirations of later. In other words, in order to reach your goals at work, it requires you to consider how much you're willing to do now in order to see those aspirations become a reality. In order to have a fruitful marriage, it requires a constant focus on your actions and your attitudes in the here and now. To be an effective parent, it requires time, time that is fleeting by the way, to grow your child into the person that they will become.

In just about anything you do, the now must always be weighed with that later goal, weighed against that later goal. And this isn't a new concept. I was listening to the Tim Ferriss Podcast recently and he was interviewing the actor and comedian, Kevin Hart. And Kevin Hart's latest book is titled *Overcoming Today's BS For Tomorrow's Success*. And it speaks to the

decisions and the sacrifices of today as they relate to the impact that those decisions have in the future.

In episode number 65 of this podcast, the TD Fitness Podcast, I discussed the and versus but mentality. And this is a simple mindset shift. An example that may resonate given the current COVID situation is this. You might say, "I want to exercise, but there's COVID." Well, instead you can change your mindset and your outlook, and you can rephrase that and say, "I want to exercise and there's COVID," because that shift just using and versus but, that shift in mindset continues the conversation. You want to exercise and there's COVID so how will you exercise given that fact? What will you do in order to be the person you want to be?

And this weighing of your constant wants, desires, cravings, thoughts and actions with the impact of those things over the long run is really what it's all about. That's where the rubber meets the road. You want to sleep in versus exercise, but that has an effect in the long run. It could be slight, but it's still there. You want a piece of cake, but that has an effect in the long run. It may be minimal, but it's still there. The things that you do now absolutely add up to shape who you are later. And as James Clear states, "Every action you take is a vote for the type of person that you want to become." So again, the things that you do now add up to shape who you are later.

That's sobering, but there's good news. There's positivity in all of this. And that is that the things that you do now add up to shape who you are later. No, the podcast did not just skip to a previous portion. I did, in fact, say that very sentence again. The good news is that the things that you do now add up to define who you are later. And that's the bright side because those healthy decisions add up, too. You see, we often feel bad that we decided to skip a workout or that we decided to indulge in a dessert at dinner with friends. But on the flip side, we don't necessarily celebrate a win when we do exercise or when we opt for something healthier over a burger and fries for example. Those perceived missteps, they tend to bring us down, but the small decisions or votes for healthier living don't necessarily get us as excited.

So my advice to you is to get excited about them. They work, they add up, and as I've said many times before, it's not about perfection all the time. That should not be the goal, but rather aim for consistency over time. Be intentional. Success is not accidental. Intentionality puts you in the driver's seat. And I probably don't have to ask whether you would rather be in the driver's seat or just along for the ride. Remember, it's be, do, have, not the other way around. You want to be healthier, understand that what you do, even those little things, add up.

If you feel like COVID or anything else has prevented you from making progress toward who you want to be, if you feel like you can't do enough, I'm telling you that what you can do is enough. Not enough time? Then use the time you have. Not enough motivation? Use the motivation, that little bit of motivation that you have to do whatever you can. Not enough knowledge? Use me and the TD Fitness resources. You have them available to you.

You start with the goal, with your goal. That's something that successful people have in common. So let me leave you with just a little bit of perspective, some insight and some advice. These are some things for you to think about as you go about your week and as you think about who you want to be. You may ask yourself, am I good enough? Can I do this? The answer to both of those questions is yes. And here's the deal. You only have to be good enough to start and anyone can do that. Starting is in many ways the biggest leap. But anyone can start. There's an author by the name of John Acuff. Then he wrote a book called Finish. And he wrote that book because he wrote a book prior to that called Start. And he said that he wrote Finish because after writing Start, he realized that, "Hey, anybody can start. People don't have problems doing that. I need to write a book about finishing."

So again, anybody can start. You only have to be good enough to start. That should be the first step. I'd also tell you that your past doesn't define your future. The past informs certainly how we'll move forward, but it doesn't predict the future. Also, get this notion of perfection out of your head. None of us are perfect. And we don't need to be. Again, it's not perfection all the time, but it's consistency over time that's important. We're here to make mistakes and the quicker we make those mistakes, the quicker we learn from them. So don't try to be perfect. Also have a support system. It's important. Whether it's a friend, whether it's an app or any use of technology. This is a lot of what I do and what I provide with the monthly member program and through my individual coaching, but having a support system, having an accountability partner or friend, those things work.

Next, don't focus on what you can't do. Focus on what you can do. Again, use what you have to move forward. And then don't compare yourself to others. Don't compare yourself to others' standards. Capitalize on your own strengths and measure yourself against your own scale. That's it. Just some tidbits of advice for you as I think back on the past 100 episodes and some of the things that we've offered or that I've offered through those episodes. These are some of the more important concepts that I just wanted to pick out for you.

So I'll leave you with this. It's not have, do, be, it's be, do, have. You can be that person. Start doing and start small by using what you have. No matter how impactful you think it will be, I'm here to tell you that those actions add up.

All right, as I wrap up here, I'll leave you with this. If you're looking to take action and to live a healthier life, perhaps looking for some next steps, then I really have three options for you, aside from subscribing to the podcast and following TD Fitness on social media. The first is you can go to tdfitness.net and grab my 25 healthy habit ideas for busy lifestyles. That's a valuable resource. It's right there on the homepage. And you can download that to give you some ideas to kind of jumpstart your approach.

Next, I have the monthly member program, the Action Takers as I call them. You can learn more about that at tdfitness.net/takeaction to learn more about my Action Taker Academy. Again, that's the monthly member program. And then finally, you can learn more about the individual coaching at tdfitness.net/procoach to learn more about that. As always, the show notes for this episode can be found at tdfitness.net/100. Man, episode 100, guys. I had high hopes for this one and I'm so happy and so glad and blessed to have the opportunity to share with you all here. My hope is that this provides great benefit to you and is of great value to you. All right. With that, it's a wrap. Thanks so much for listening. You all have a blessed one.

Coach T signing out.