

Break Free Of Procrastination, Doubt And Complacency

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I know how difficult it can be to have a desire to accomplish something, then not go through with it or make a feeble attempt at it. I've been there a hundred times, but I'm hoping this little report helps you get over the hump and be successful not only with your golf fitness and health goals, but maybe some career or life goals.

As I've said many times before, I'm sort of a success motivation junkie. I've been reading those types of books since I was a teenager. It's kind of funny now though. *They all say the same thing!* There's no secret or "magic bullet" to success or overcoming procrastination. It all comes down to **TAKING ACTION!** No excuses! No reasons! Just do it!

Take Responsibility

You are 100% totally responsible for how your life turns out! No one else has control over your life and the choices you make. This is a topic that needs no empathy. We are the result of our choices on a daily (even hourly) basis. Our mind is going every minute of every day, and the self-talk going on is usually not productive. It's not positive. Negative self-talk is a normal occurrence. In no way shape or form will you be successful when this happens.

Become more aware of your thoughts and ultimately your choices. When you can "in the moment" realize any choice you're making you will be amazed at how you can alter that choice for the outcome you want. We are bombarded with things that take our attention and focus. The **ONLY** way to prevent this from happening is to be aware at all times of what is going on in your mind (thoughts). I know this may sound impossible, but it really isn't.

So let's go over a fitness scenario.

You set up a goal to do your workout first thing in the morning. You are totally committed to achieving your goals. The next morning the alarm goes off and you hit snooze. Then it goes off again and your self-talk says just 5 more minutes. You then look at your clock and realize you don't have as much time to do the workout so why even do it. End result? You blow it off!

Does this sound familiar?

Okay...let's do that again, but here's how you're going to do it. The alarm goes off and you "get up". Your self-talk says "you're tired", but you ignore it and get up. You just achieved a **MASSIVE** goal! Getting up on time is the **MOST** critical step in achieving your goal of a morning workout. The rest is easy.

So see how your self-talk can sabotage your fitness

This is why 95% of people fail with their weight loss and [fitness programs](#). Within the first few days the self-talk has sabotaged their attempts and the goal once

again have not been achieved, therefore strengthening the mindset that they cannot do it.

This is where the taking 100% responsibility for your life comes in. Can you now see how you in fact are in control of your outcome good or bad? If you are not happy in your job, relationship, with your golf game, your weight, your fitness, you can make better choices and change every single one of those outcomes. And...it's not as hard as you think. In fact, once you do it and see you can improve, it gets infectious and you'll become a "change-maker" with all phases of your life!

Get Clear

You must have a clear picture of where you want to be. If you don't you'll never get there! If it's [losing 15 pounds](#), then picture how you'll look, the clothes you'll wear, and how much better you'll be swinging your golf club.

Maybe you want to improve your muscle tone or just feel better. Again...envision it clearly and as if you're already there. You may have heard this before, but I know it works. I've done it time and time again. The more real you can see it in your mind, the faster you will achieve it.

When you have those difficult moments during the day, get the picture back in the forefront of your mind. Right there! Pull it up and feel it. Do NOT let yourself drift from that picture and goal. Each little occurrence that happens like this and you overcome it is a victory and will reinforce your mindset to be successful and achieve that goal.

"I can zero in on a vision of where I want to be in the future. I can see it so clearly in front of me, when I daydream, it's almost a reality. Then I get this easy feeling, and I don't have to be uptight to get there because I already feel like I'm there, that it's just a matter of time. I set a goal, visualized it very clearly, then created the drive, the hunger for turning it into a reality. There's kind of a joy in that kind of ambition, in having a vision in front of you. With that kind of joy, discipline isn't difficult or negative or grim. You love doing what you have to do - going to the gym, working hard on set. Even when pain is part of reaching your goal, and it usually is, you can accept it too." - **Arnold Schwarzenegger**

Positive Mental Attitude

I'm sure you've heard this one before, if so, are you working your positive mental attitude (PMA) in your life? Are you turning negatives into positives? Are you reacting to your everyday occurrences with a positive mindset? Like you...I'm far from perfect, and I have to work at this every second of every day!

If you hadn't figured it out already, I'm a success and motivation junkie! I find this stuff fascinating! I have hundreds of books on this and still buy more everyday. If you want one of the best books on this topic, I strongly encourage you to go to your local bookstore and get "**Success through a Positive Mental Attitude**" by Napoleon Hill. This book is outstanding, and I'm sure you will find many golden nuggets that will help you make positive changes in your life, golf and your health.

You would be amazed at how negative we are about our life and daily occurrences. It's absolutely astounding to become aware of it and make a real effort and changing it. When I'm "in the moment" I can see how on a minute-by-minute basis how I'm either responding negatively or positively to my thoughts.

It all starts with your thoughts.

Your thoughts turn into emotion and your emotion creates an action, and the action becomes a result. So if you have negative thoughts, and emotions that respond to that thought, your actions are not going to be in your best interests. Most of the time this will not get you any closer to your goals, whether it be a lower golf score, [losing weight](#), getting fitter, or even succeeding in your job or relationship.

Try to do an "attitude check" on yourself at least daily. Stop for a moment and ask yourself if you're being positive or negative. Then stop and see how your day is going with that attitude. Is it going the way you want, or are you struggling and miserable?

If it's positive...then congratulations! If it's negative, change it right now! Don't continue down that path. You are in control. You can change this right now. Get into the moment and make that change. What happened? Do you have a better outlook on what you had hoped to do? I'll be you do.

Taking action on your thoughts in a positive way is powerful stuff. No one can do it for you. You have to do it for yourself! Once you become aware of it, and apply it... your life will change forever!

Use Pain and Pleasure

I'm a fan of Tony Robbins. Whether you are or not doesn't matter, but he nails it when it comes to motivation and being successful. There are things going on in our minds that stop us from being successful and taking action. We all experience them on an hourly basis. It's similar to self-talk, and in some regards is that voice in your head.

What Tony says is we make choices based on pain and pleasure. Until the pain gets big enough, you will not be motivated to make the necessary changes to achieve your goals.

Let me give you an example. [Losing weight](#). Most people enjoy eating. And eating for some people is a very emotional event. But let's say you want to lose weight. You tell yourself you are going to lose the weight by eating better and exercising. You're out to lunch with friends and you are perfect eating a chicken salad, but then your friends want desert.

You cave in and have a piece of chocolate cake. In that moment the pleasure of eating that cake was greater than the pain of being overweight. Until you can get to the point that the pain of being overweight supersedes everything else, you will not ever achieve your weight loss goals. This is a definite fact!

The stories you hear of success are when people have reached a breaking point. One that is strongly emotional. They get to the point of that issue being "unacceptable". Whether that is being overweight, out of shape, or injury-prone. When you look in the mirror and finally say, "I am NOT going to look like this EVER again", you will be successful. The same goes for finances. Getting to the point of struggling paying your bills or maybe worse a bankruptcy or repossession.

The great thing is you can put yourself in that state of mind whenever you want. You can do this with EVERY situation in your life. When you are taking the easy road, stop, catch yourself and do a "gut check". Create the pain right then and there! Get that pain high enough to take immediate action. This works great for your fitness commitment. Every time you want to bail out on your workout, get the pain to come out and grind through it. It works every time!

Think Big

This one is fun! When you set goals, do you go conservative or do you pick lofty ones? I like the idea of going for the gusto and thinking BIG! Why not? There really is no difference in picking a conservative goal and a lofty one. The issue is the action you take to achieve it.

Whether your goal is to lose 5 pounds, or drop 3 strokes off your score, why not shoot for the sky and see what you come up with? It's all in the action! Taking immediate and consistent action will help you achieve goals you never thought you could. It's amazing what the mind (and body) can do with a little motivation, PMA and consistent action.

Eliminate ALL excuses!

You may think they are "reasons" but they are not! They are plain and simply...excuses! They are poison! They should not be part of the program. People who make up and use excuses NEVER succeed. They will always find a "reason why" instead of "how".

When you pick a small goal...sure it's easy to achieve, but then what? If you are committed to continuing on this path, you'll make up another smaller goal I guess, or you'll say to yourself you achieved your goal and that's enough.

While I don't discount small goals on the way to bigger ones, I also think it is amazing to THINK BIG and act on it. I'm here to tell you, you'll be shocked at how far you can take it.

If you're a 16 handicap, why not shoot for a single digit within one year? What's the harm? You might want to be careful, because if you apply what's in this ebook, you just might achieve it!

How about losing 30 pounds (if that is what you personally need)? Go for it until you achieve? Don't stop until you hit that goal. No excuses, reasons or circumstances will stop you. You put your head down and don't look up until you're 30 pounds lighter.

I have spoken to dozens of golfers personally on the phone who jumped in 100% and got my complete [golf fitness system](#) and have improved their games and swings beyond recognition from what they tell me. I've always told myself if I'm going to go for it, I'm going to **go all the way!** And NO looking back...only forward.

So think big and go for it! That's a true success plan! Have the conviction to persevere! Make it happen! No one else will... so you might as well get to it!

You Gotta Believe

You can apply all the tips and strategies I've outline, but the MOST important thing is to BELIEVE you can achieve it! I don't want to sound hokey, as you've heard this before...but you must deep down in your gut believe you can achieve it.

This strong belief will get you through those tempting times of self-sabotage, which I can tell you will happen often. The bottom line is the end-result you want. Can you get the image in your mind of being that thinner person, the golfer shooting that lower score, or the business person getting that dream account or sale? If you can picture it, and believe it...you will NO DOUBT achieve it!

There are many techniques that I won't go into in this FREE report that you can apply to help you achieve your goals. I said I won't, but here's a couple for you.

Take out an old picture of you when you were thinner (if losing weight is what you're after), and make copies to place all over your house and at your work. Put that picture in every place you know you will be at, at some point in your day. Examples would be your bathroom mirror, your refrigerator, your bedroom dresser, your home and work computer, etc...

This one example will keep you on the "straight and narrow". Especially at the fridge! When you see that picture (your goal) it will strengthen your conviction to achieve it and accept NOTHING LESS!

In your mind, you will NOT accept excuses anymore!

You will NOT give into self-sabotage anymore!

You WILL make it happen every day!

You WILL be strong in those moments of temptation!

You will NOT hang around people who do not support your goal (this is critical)!

You WILL surround yourself with friends and loved ones who support you and will be there for you!

YOU WILL SUCCEED!

To Your Success,

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