



Build a habit – and be a winner every day

Why habits?

Is it really necessary to train every day?

What's in it for me?

Habits are a fantastic way for us to deliberately subject ourselves to 'discomfort'.

Discomfort is to be understood very broadly, both physical (if for example your habit is training), but also the mental discomfort of having to rigidly do it EVERY day.

Like on New Year's eve when I did the plank at 23:00 as I was tugging in my daughters. There were many other things I'd rather do. That is discomfort too.

And subjecting ourselves deliberately to discomfort is good training because inevitably life will unexpectedly throw some discomfort in our face: illness, becoming redundant, or death of a loved one.

Like the ancient quote:

“
”
*“We are what we repeatedly do
Success therefore is not a goal, but a habit”*
”

How are we prepared to deal with this discomfort?

How to?

Don't 'wing it'! Prepare yourself, this is training that will make you more robust to deal with physical and mental challenges. Because you are used to this feeling.

When you win that little battle in your mind every day - day-by-day you become unbeatable.

Give yourself the best - a habit.

Stick with it