
Consistency

I've found I don't take particular pleasure from worldly endeavors.

It's not that I don't enjoy good food or good sex. But I've enjoyed almost every imaginable pleasure (I avoided drugs) and found that they don't fulfill me and if I overdo any, they leave me hollow.

I value my spiritual life infinitely more than the bodily one.

However, as my body hosts my mind, I want to take care of it, and I've learned how to do this better than most, with consistent attention.

I believe the only method that ensures ironclad consistency in my actions is developing and employing habits. We are created to use them, this is how our brain is constructed.

My body will be with me in this world till the very end, thus I intend to keep up my bodycare habits until my last breath. This is the attitude I have when I develop and practice any habit. I recognize that short intensive exercises add to my strength and energy. They are also extremely uncomfortable to the verge of 'painful.' I don't care. They are effective, hence I intend to train that way for the rest of my life.

Such an attitude stands behind my incredible consistency. (800+ days of HIIT training, 750+ days of pullups etc.).

I don't have to think much about keeping my body fit. I don't have many decisions to take on a daily basis. I already know the actions to take, and I stick to them. I don't need to think about my morning glass of water; I just drink it. The last time I drank soda was about a month ago when my workmates took me to the bar. Between all of us, mine was the only drink without alcohol. Before that? I don't remember. Drinking soda doesn't serve me, so I don't do it. No thinking involved.

Sugar in cakes and sweets, my life-long vice, is harder to ignore.

Fortunately I don't indulge in cakes and sweets habitually anymore. Each case of consuming a piece of cake, a cookie or chocolate is preempted by a conscious decision. On some level, it's because I've developed a subconscious food tracking mechanism.

One habit I do have to think about is weighing myself once a week. A weekly habit is hard to develop and maintain, because repetitions are separated in time and it's hard for my brain to recognize a pattern. Having said that, I don't think I've missed stepping on the scale more than five times in the past couple of years.

Record keeping, or tracking progress, helps start and maintain my habits. My habit of food journaling is ingrained in my subconscious. I also note down in my journals each time I break one of my fitness habits and I note any illness.

Thanks to those records, I know, for example, that I've only had a serious headache three times since April 2013.

I also track the amount of sleep I get every day.

BULLETPROOF HEALTH AND FITNESS

YOUR SECRET KEY TO HIGH ACHIEVEMENT

What Works For Me:

- a personal philosophy which states that taking care of my body is a lifelong commitment.
- recognizing the omnipotent importance of habits.
- meticulous diligence in developing 'healthy' habits.
- a regular reality check: weighing myself once a week so I regularly verify how I'm doing.
- tracking important health indicators (fitness performance, amount of sleep, journaling about illness and symptoms).

My Suggestions for You:

Think about the results you want.

Decide on the steps you can take, starting now, with the resources you already have.

Start taking those steps, and record your progress.

Improve, change and develop your process to improve it, once you can measure what is working.

'Do it Now! If you don't, there will be no results tomorrow.'

MICHAL STAWICKI