
Avoiding the Big Mistake

This part is 'what worked for me' as I changed course and began a habit-focused life. My routine is different now.

You must begin; you get NO SUCCESS until you begin.

When I re-started my pushups program about 8 years ago, I knew I could do it. I had been doing pushups for years prior to that, albeit irregularly. I began with 40 pushups; it seems like a lot, doesn't it? But I had been able to sustain this practice for months and years at a time. It wasn't 'too big' a step for me.

When I started doing pullups a few years later it was a no-brainer for me too. I just installed the pullup bar in my apartment, checked how many pullups could I do and started from that point.'

Nowadays, my health and fitness habits are firmly established. I don't introduce new habits very often. However, when I was losing excess weight I tried many different things. When I did, my concerns were always the same: will it work for me? Can I sustain this discipline?

I started each habit in 'probation mode', giving it at least a month to produce results and to ensure the new habit was compatible with my personality and lifestyle.

For example, I tried going to the gym on a regular basis. Not for me. The ritual of preparing my stuff, changing clothes (twice!) and taking breaks between particular exercises was a waste of time. I could torment my body in my own apartment without all that rigmarole.

When I was focused on losing weight, I decided to ditch sugar altogether. I couldn't sustain that. Like every addict, I got snappy without my 'drug'.

Now I just limit my sugar intake, paying attention to habitual behaviors (for example, I don't add sugar to coffee anymore; one spoon makes no difference, but multiplied by 2 coffees a day it compounds into more than 12,000 calories in a year).

The key to the success of my body transformation has been my commitment for the long term.

If one method failed, or I reached a point of diminishing returns, I didn't stop, dwell in self-pity and regress. I just tried a new thing; and another one; and another, till I found something both effective and sustainable.

BULLETPROOF HEALTH AND FITNESS

YOUR SECRET KEY TO HIGH ACHIEVEMENT

What Worked for Me:

I took what I knew I could do: a regular program of pushups, and I made a deliberate habit of doing them, and kept a record.

For years, pushups had been my ONLY conscious fitness activity.

I had little chance of failing; this wasn't something completely new, it was simply a more definite step on top of something that I had been doing.

- **I knew myself:** I knew how many pushups I could do, how long could I stick with doing a particular exercise and how much I was addicted to sweets.
- **I had a personal 'never quit' philosophy.**
- **I took a long term (lifelong) approach.**

My Suggestions for You:

I encourage you to adopt a similar personal philosophy to me, you know, like:

'Keep trying, you never know what will happen tomorrow'

or

'Keep going, if you quit now you surely won't get results tomorrow.'

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