

LIVE. TRAIN. PERFORM
COACHED
BY KOBES
MINDSET AND PERFORMANCE

TOP 10 TIPS TO CREATE MOMENTUM
FOR SUSTAINABLE HEALTH & FITNESS OUTCOMES

01

SHAUN KOBER

WIN THE
FITNESS
BATTLE



WIN THE FITNESS BATTLE

1. SET GOALS

If you want to go somewhere, first you need to know where you are. Then you need to set your destination. Next, you figure out the most efficient way to get there. Any road will get you there if you don't know where you are going!

Which type of 'Motivation Direction' do you use?
'Away-From Motivation' or 'Towards Motivation'

Check out the Podcast below to get a deeper insight into the methodologies and practices. These Podcasts feature throughout this eBook, they are a highly valuable resource which will guide you on your journey.

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The type of motivation direction my clients use by default can give me a massive insight into the type of minds that I'm working with as a coach. 'Towards Motivation', and 'Away-From Motivation' are the common types of motivation direction, and are both applicable under differing circumstances.



Using Away From Motivation.

What are the three things that bring the most stress, pain or suffering in your life?

Can you change them?

- If **YES**, answer below why things need to change, how you're going to create that change, and what the outcome looks like.
- If **NO**, then conserve your energy only for things that you can influence.

My biggest roadblocks and pain-points that I can positively influence right now are:

Big 3!

Why?

How?

What?

When?



Using Towards Motivation.

What are the three things that bring the most contentment and fulfilment in your life?

Are you investing enough time in those areas?

- If **YES**, is it at the expense of something else that is important to you?
- If **NO**, then it's time to put pen to paper, and write down what your values are

Once you have clarity on what is important to you, you act as if you are already the person who is refining their dream life, everyday.

Big 3!

YES, But

NO, Why?

I Value

Which Means I Do



Once we have an understanding of which type of motivation direction is going to suit us best for our current circumstances, we then start creating a plan to move us from where we are, to where we want to be.

#2 GOAL SETTING

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Goal setting is one of the most important things you can implement when it comes to making changes and creating behaviours that align with whatever it is you are trying to achieve.

Using the SMART goal setting principles:

SMART Goals

Specific.

This is your map to help you get where you want to be. If you are not specific in what you want to achieve, how do you know when you get there?

Measurable.

You must put a number or a time, or dress/shirt size on your goal so that you can track your progress as you work towards the result you desire.



Achievable.

Be realistic in your expectations. Setting the bar too high will ultimately lead to frustration. However, setting it too low will allow you to settle for mediocre results. Set your goal as something that is going to be a challenge, but within reach if you display a little discipline. The discipline is not in doing the work, the discipline begins by choosing the correct level of challenge for you.

Rewarding.

What is going to make you feel good about yourself when you achieve it? How rewarding is it to have to buy new clothes because your old ones no longer fit?

How does it make you feel to hit your first muscle-up? Or run 10kms in under 50 minutes? It is such an awesome feeling, and it will free you up to reassess and start working towards your next goal.

Time Frame/Bound.

When you have a set time frame in mind, it stops procrastination and excuses. Want to look amazing in your wedding dress?

Want to be shredded for that beach holiday later this year? Want to be in the best shape possible to give yourself the best chance at making that representative sports team? Man, this aspect is so under-rated.

Set some goals and write them down. Figure out where you want to be and how you will get there. Put it on a sheet of paper/sticky note and put it on the fridge, on the back of the toilet door, the bathroom mirror, or anywhere else you will see them every day.

Find an item of clothing that no longer is, that you would like to wear comfortably again. Hang them up on the back of your bedroom door, in all their glory, as a constant reminder to the commitment you have made to yourself.



Examples of poor goal setting.

- I just want to be fitter and stronger
- I just want to lose a bit of fat around my stomach and thighs, and maybe tone up my arms a bit
- I want to get massive

Examples of good goal setting.

- I will be able to do 5 strict pull-ups and run 10km in under 50mins by my next birthday
- I will lose 10cm from my girth measurements and fit into my old footy jersey by Christmas
- I will weigh 95kg and be at 11% body fat by New Year's Day



A Dream = Some Future Outcome
A Goal = Take Action Now



Too many confuse a dream and a goal. They seek to achieve a dream. Dreams can't be achieved. They can only be realised.

Goals are your construction team. They are the workers that help transform your dreams into reality. You can achieve goals only through action.

You realise your dreams by creating goals around each one of your dreams and then pursue each goal by taking action. Dreams require a vision of some future objective. Goals, on the other hand, are the action steps required to transform your dreams into reality!

Dreams provide you with the vision of where you want to go. They are your blueprint for your future life. You can't achieve a dream. You can only realise a dream.

You allocate your energy to the time that you make available. Set a date and get cracking!

HEALTH MUST PRECEDE PERFORMANCE

[Tap the Thumbnail above to play]

A healthy organism is an adaptable organism. Train for health the majority of the time, then when the time is right, you can put the pedal down and train to optimize performance.



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2. TRACK PROGRESS

This is probably one of the biggest secrets to success. When you are tracking your progress, you have solid data showing whether you are moving in the right direction or not. From this data, you can make the correct adjustments.

Take Before, During and After Photos.

You will see yourself every day. You will barely notice the changes because you live them. Take a photo every week or every month and stick them on your bathroom mirror to compare. Think about a friend or family member that has recently bought a puppy.

If you haven't seen them for a while, the puppy will grow dramatically over a couple of months. You will see the changes, but your friend or family member won't have noticed as much, simply because they live through the growth and see it every day.



Day 1



Day 21



Day 42



Use Skin-Fold Calipers And Tape Measurements.

Buy a small tape measure to track your girth measurements or get skin fold testing or a body composition analysis to track changes in your body composition.

The scales might say one thing, but it doesn't paint the whole picture. Using these more advanced methods will ensure you are building or maintaining Lean Body Mass (LBM) whilst decreasing body fat levels.

Clothes.

How your clothes fit can indicate changes in the body. Muscle is denser than fat, which takes up less space. If the scales haven't changed up or down, however your clothes are fitting better, you can put money on having built some muscle and lost some fat. This ties in with the tape measure results. Any reduction in girth measurements will mean a reduction in weight and/or body fat levels

Fitness Test Yourself, According To Your Goals.

Run 5km. Do Max push-ups in 2 minutes. Hit a Max set of pull-ups. Test your 3RM dead lift or bench press. Time your performance on a benchmark WOD. Use this as your base line, test every fortnight or so, and record your results on a spreadsheet, a journal or a notebook. This can go with your scale and body composition results. If you go to the gym and lift weights, record what you lift each workout, and aim for trends of improvement.

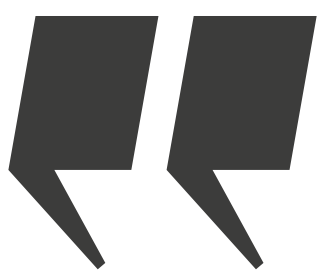




Sign up to 'My Fitness Pal'.

Think of this as your electronic food diary. You input your age, weight, sex, goals, and activity levels etc. and the App will give you a rough idea of how many calories you need per day to hit your ideal body weight. You then log everything you consume, and it will break down all your macro-nutrients throughout the day. Play around with this for a few days, and then start seriously logging everything that goes into your mouth. Don't get too caught up with this, I will explain it in the simplest of terms.

However, this is extremely important to know. If you are over-eating, we can make some adjustments. If you are under-eating, and have been for a significant period of time, metabolic adaptation/down regulation will have occurred from an evolutionary biological perspective (conserve energy to keep us alive).



Yes, this is a great fitness platform, it will give you a ball park figure, but it will not be 100% accurate for everyone. There are a number of other factors which must be taken into account. Don't be consumed with the numbers, just use them as a reference

#4 PROGRESS TRACKING; OBJECTIVE TRACKING

[Tap the thumbnail above to play]

A healthy organism is an adaptable organism. Train for health the majority of the time, then when the time is right, you can put the pedal down and train to optimize performance.



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3. BUILD HABITS

A habit is something you do daily without much thought. You probably have a habit of waking at a certain time or brushing your teeth a certain way, and perhaps, calling your mum once a week on a Sunday evening.

Habits become such a part of your daily life that they become part of who you are. Want to be a different person or utilise the time you have in a more efficient manner? Just start a new habit!

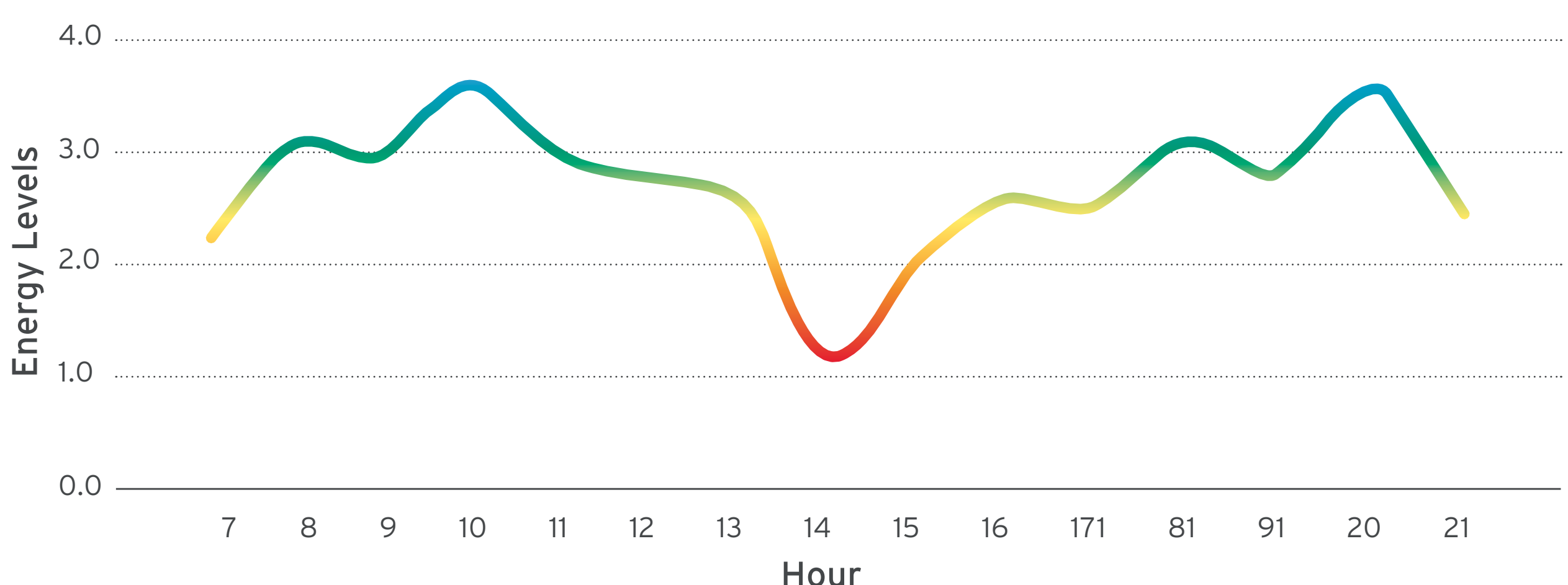
Work With Natural Energy Levels.

Figure out if you have more energy to train before work or after work. Then set a routine. If you prefer to train after work, do it as soon as you get home. Don't sit down on the couch or do anything else that is unimportant.

On the drive home, listen to some music that gets you in the zone. Have a coffee. Get home and immediately take your work clothes off and put on your training gear. Remind yourself of the pattern you are creating by the decision you are making between "I'll just sit on the couch for a little bit", compared to, "If I don't do this now, it won't get done."

Example of Typical Daily Energy Level Fluctuations

Average Hourly Energy Levels





Likewise, if you have more energy in the morning. Build a solid morning routine. Get out of bed, splash some cold water on your face or jump in the shower quickly. Open the blinds and get some natural light in, put some music on and make a coffee.

You know you need to be leaving the house by xxxx time so work backwards and make sure you start your warm-up by xxxx. I prefer to train in the morning because it releases the feel-good hormones in my body and sets me up for the day ahead.



Make A Commitment.

This commitment needs to be realistic and achievable and complement your life, not take away from it. If that means you can only dedicate 15 minutes per day 4 days per week to exercise, that's great, start there! That's still 60 minutes of dedicated exercise per week.

Once you achieve the target that you've set for 2 weeks and you start feeling the benefits of quality movement carry over into the rest of your life, you may be motivated to add another 5 minutes to each of those 4 sessions, thus increasing your weekly training time from 60 minutes to 80 minutes. That is progress and consistency. Use these same time management principles with your pre-bed routine, your morning routine, your training, social media time and nutrition.



Develop A Winning Start To The Day.

Morning routines are an awesome way to set yourself up for success for the rest of the day.

Figure out what time you need to leave the house and work backwards to decide how much time you need for yourself.

As soon as the alarm goes off, get out of bed without snoozing, and start preparing yourself for the day.

My Morning Routine.

I get out of bed and never snooze, straight to the bathroom to shave and shower, then I let some light and fresh air in by opening the blinds and door or windows, then either make my breakfast or a coffee, and listen to a podcast or maybe some meditation or music whilst I prepare everything I need for the day (which can be done the night before as part of your evening routine).

FEARLESS MOTIVATION

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I personally don't require inspirational videos to start the day, however, sometimes it is great to have resources to shift your mindset if you've woken in a bit of a funk for some reason. Here is my first recommendation. I suggest you create a play list of content that gets your juices flowing.



Most of the time, people will wake up and reach straight for the phone or tablet. I highly recommend getting out of this habit as you are then starting your day on other people's terms. Do the most important things for yourself first thing in the morning, then you can reply to emails and messages etc. once you have taken care of yourself.

We all have days when we just don't feel like working, exercising, or eating well. But when these things are habits, they become second nature and we do them without thinking.



When healthy eating becomes a habit, although you may eat one slice of cake today, you probably won't eat more and will go right back to making healthier choices tomorrow, because you've created an association with not only how good healthier food choices make you feel, but also an association with how poorer nutritional decisions affect your energy levels and digestive system.

It takes about 3 weeks to break old habits, and to develop new habits. Be persistent, stick to it, and it will become much easier. Stack the wins!



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4. RESTRICT TEMPTATION

One of the main reasons I am sceptical about New Years and dieting resolutions is that they usually revolve around good intentions. I'm much more interested in planning. Healthy eating and, in fact, any healthier lifestyle choice, is not simply about setting yourself goals;

It's about crafting a long-term strategy.

That's why, when my clients are looking to change their eating habits, one of the first things I tell them is that it's time to clean out the pantry and fridge.

It's a fact that I have not taken clients on because I have asked them to donate most of their processed and shitty foods to others, or simply throw them in the bin.



The reason is not because they wouldn't follow a simple request, but because it showed me that they themselves were not ready for the commitment required to make any sustainable change, and no matter how many training sessions they did with me, their results would be sabotaged by the fact that they had so many temptations in the house, and they weren't yet ready to put barriers in place.



Clean Out The Fridge, Pantry & Cupboards.

If you have junk food in the house, you will eat it. Get rid of it. If your cravings become too much, you can drive to the shops to get yourself a treat. But that takes effort and may just be enough to subdue your cravings.

We all have domino or trigger foods. These are the foods that we simply can't control ourselves with, and once opened, we finish the whole packet.



Think of the Pringles slogan, "Once you pop, you can't stop." We need to remove these temptations and replace them with something else that we can either control our temptations and intake, or something that is going to provide us with nutrients that will aid in improving our health and optimal system function.

Plan For Flexibility.

Sometimes if you do have cravings for certain food, feed them. But make it the exception rather than the rule. A rule I use when traveling is that I can't drink alcohol unless I've trained that day.

Do the same thing with food. If you eat junk food every day, make a rule that you can only have one treat every second day. This will teach self-control and discipline.

Do that for a week, then cut back to every third day. After a while of eating well, you will notice how the junk food makes you feel, and you will be less inclined to have it.



Use The 80/20 Rule.

My mates often ask me how I stay in shape when they see me on a Saturday night after a game of rugby, treating myself to a chicken parmy and chips, as well as a few beers before stopping off at cold rock for an ice cream on the way home.

The simple fact of the matter is this; I don't restrict my food and alcohol intake; I just make it the exception rather than the rule. They don't see that I eat well 80% of the time, which allows me to be a little looser with my diet the other 20% of the time.

Plan Ahead.

Another tactic I use is to plan ahead or make adjustments to my intake. If I plan on having a big night out, I will ensure that I eat lower calorie foods throughout the day to cater for the alcohol intake of the night out. This might be a big hearty and healthy breakfast, followed by a salad-based lunch.



If I over-consume (as we all do) on a night out, then I will adjust my intake the following day, maybe two. If I have a big Saturday night, I might fast until lunchtime on the Sunday, and then hit a veggie or salad based meal as my first meal of the day to ensure that I am getting some good micro-nutrients in, to aid my body in dealing with the alcohol and/or over-consumption.



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5. PLAN AHEAD

Prepare Food In Bulk.

It only takes an extra couple of minutes to cook 6 - 10 meals rather than 1 or 2. And it will save you time over the course of the week.

This will also cut out the excuse of not having enough time or eating on the fly during those busy workdays.



Create A Menu.

I like to look at the types of meals that I would like to eat for the week ahead. Some meals will be fish focused, others red meat focused, chicken based, and even some vegetarian/vegan meals.

I then put together a list of ingredients that will helpfully get me through the week that I can prepare in bulk, that will also support my training, performance, and recovery goals.

Choose 3 or 4 meals each that you enjoy and can easily make for breakfast, lunch, and dinner, and rotate them throughout the week.

This will make it very simple for you to prepare, and track your food intake to set you up for success with your performance, health and body composition goals.



Plan Shopping Once Or Twice Per Week, Or Order Online.

Plan to only go grocery shopping once or twice a week. Get enough variety of fresh produce to get you through at least 4 days. I like to go to the Farmer's Market on a Sunday morning to get all my goodies for the week.

I then stop off at the supermarket to get anything else I need. Once home, I spend about an hour doing some basic food prep. Put the oven on, cut up some pumpkin, sweet potato and carrots.

The veggies and 2kg of chicken go into the oven. Once cooked, that is my lunch for the day, as well as the next 4 days at least. Do the same thing for dinner. I also have some onion, capsicum, snow peas, green beans etc. chopped and ready to go in the fridge.

These can go into the wok for a quick stir fry, and there you have it, an awesome colourful and nutritious meal with limited stress or prep time.





Adjust As Necessary.

If the thought of preparing meals is too much hassle for you, then I would recommend adjusting the expectations that you anticipate your training program will yield for you.

Alternatively, pay someone else to prepare your food. There are plenty of ready-made meal distributors that will gladly take your money to deliver healthy meals to your door. I have used these companies when I start getting really busy with clients and find myself a little short on time, or simply get a little lazy; It happens. If it's important to you, you will find time, or pay someone to do it for you.

#9 RESTRICTING TEMPTATION & MEAL PREPARATION

[Tap the thumbnail above to play]

Temptation is everywhere in our lives. Putting barriers in place to reduce and restrict these temptations is an important element in ensuring that we are doing the things that best serve us in our pursuit of success.

**FAIL TO PREPARE?
PREPARE TO FAIL!**



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6. BE ACCOUNTABLE

Take Notes and Share Your Goals.

Write down everything you consume over a week. You should already be doing this either using the 'Coached By Kobes App', or 'MyFitnessPal'. Experiment with your food and note how it makes you feel within two hours of eating.

You will start to notice certain foods that make you feel rubbish. Cut them out. You will also notice foods that make you feel good. Eat more of them. If it's too hard to write it down throughout the day, simply take a photo and record it at the end of the day.



You can also take a photo of everything you consume and send a picture to someone that will help you stay accountable to yourself. Get a friend or a family member to assist you.

Tell them your goals. Tell them to give you a hard time if you continue to make poor choices. You may inspire them, and they will join you on the journey. When you start something with a friend or partner, it helps with motivation and accountability.



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7. CUT BACK

1. CARBONATED DRINKS
2. REFINED SUGARS
3. ARTIFICIAL COLOURS & FLAVOURS
4. PROCESSED FOODS

1. Carbonated Drinks.

Soft drinks are generally very high in sugar content. The zero sugar or diet variations may not have sugar but are chock full of other chemicals which recent research has shown to fundamentally alter our gut flora (the bacteria in our stomach) and have been linked with cancer.

2. Refined Sugars.

Sugar is hidden under a heap of different names. Presently there are upwards of 50 different names of sugar. Some of these include anything ending in 'ose' and syrup. Refined sugars are cheap to make and are highly addictive.

You would be surprised to find out how much sugar is actually in a lot of our daily foods bought from the super market. It comes as no surprise to find then that the food companies will try to hide the amount of 'sugar' in a particular product, disguising it under a whole host of other names.

Considering that it is widely regarded as a large contributor to the obesity epidemic in the Western world, I would recommend reducing your refined sugars and sticking only to natural sugars found in fruits and vegetables etc.



3. Artificial Colours and Flavours.

Enough said. These are added to food and drinks to give a more visually appealing colour and flavour. Did you ever stop to think how that strawberry milk got its colour? How about your favourite soft drink or lollies?

Preservatives also fall into this category. Would you trust something that you can leave in the cupboard for a year and it still looks exactly the same? Alcohol also falls under this category. Alcohol is empty calories. It provides zero nutritional value. I.E. vitamins and minerals. Alcohol depletes you of nutrients as your body uses these to metabolise the alcohol, leaving you feeling worse and more prone to sickness etc.

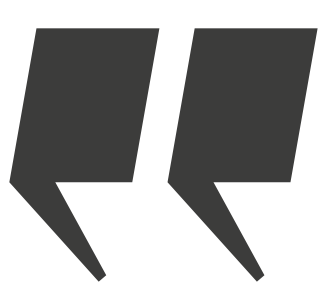
4. Highly Processed Foods Are Everywhere.

The more something is processed by humans, the further away from its natural state it becomes. The human body has evolved through the times to deal with what is happening in the world at the time, but it is a slow process. Nowadays, you can eat or drink something that has never been seen in nature and is 100% produced by humans. How does that make you feel? Look at fruit and vegetables, do they have a nutrition label?

THE FOOD PROCESSING SPECTRUM



Replace Ultra-Processed and Highly Processed foods with Minimally Processed and Unprocessed foods for a healthier eating pattern that supports your health.



I'm not saying that you can't enjoy some of these things occasionally, but use in moderation and make it the exception, rather than the rule.



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8. BE CONSISTENT

Consistency is King!

An average nutrition and training plan, followed consistently, will yield much better results than the best program money can buy, followed intermittently.

I love to travel and have done quite a bit over the years. I set myself rules when I am on the road, some of these include:

- I don't allow myself to drink alcohol unless I have trained that day
- I can't have a treat every day
- I am not allowed to go more than two days in a row without getting some exercise in, and walking around the city doesn't count unless I've covered at least 15km

*Set some rules and guidelines. You will be more inclined to stick to your own rules than someone else's.

#7 CREATING CONSISTENCY

[Tap the thumbnail above to play]

What we do consistently, over long periods of time, is what determines how successful we are in the many aspects of our lives. This episode is all about creating consistency in our daily habits and routines, which ultimately determine the direction that we are moving in.



Why Is Consistency So Important?

Consistency Allows For Measurement And Provides Accountability.

If you do something long enough and consistently enough, you will be able to do these things almost on autopilot. This can be a great thing, if you are creating habits that align with your goals. But this can also be a double-edged sword and sabotage your efforts if you consistently put things off, make excuses, or simply don't put positive processes in place that can help you achieve your end state.

Consistency Creates Habits.

How do you measure effectiveness if what you are measuring isn't performed consistently? In line with this is the accountability aspect. You can't eat salad for a day and then wonder why you haven't lost weight. You need to be accountable to yourself and others if you are to truly reap the benefits of engaging in a new goal or routine/regime.



Consistency Establishes Your Reputation.

We all know people that say they are going to lose weight, start eating better, go to the gym, or even just show up to a birthday party, but never does. After a period of time, we realise that what this person says and what they do are two different things. If you are known for backing out on your word, trust is diminished. On the flip side, if you consistently do what you say, you build rapport and people know that they can count on you.



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9. INVEST WISELY

Hate long distance running? Don't do it. Grab a footy and head down to the local park. Practice some chip and chases. Kick the ball as far as you can, then sprint to it. Rest for two minutes and go again. Take the dog for a walk every morning or afternoon? Use that to have some fun.



Throw a ball and race your furry friend to it. Walk a bit as recovery and repeat. Take up a new sport or hobby. This is a great way to meet like-minded people and will provide a little motivation for you to go and have some fun as well as socialise.

How many people do you know that absolutely love their jobs? Are you one of them? If not, the benefits of doing something that you really enjoy outside of work hours cannot be underestimated. When you do something that you love every day your motivation will improve. Having something to look forward to, especially on those days when everything is going wrong can give you a much-needed boost of motivation to help you make it through the difficult spots. You've probably heard that laughter is the best medicine. Happiness and laughter offer a tremendous number of health benefits. Laughter relaxes your body, reduces stress, and boosts your immune system. Doing something that you love everyday will increase your happiness, which can lead to overall improved health. A good laugh can help relieve physical tension and stress.



Getting stuck in the same routine can lead to feelings of frustration and despair but breaking out of routine to do something enjoyable everyday can leave you feeling refreshed, and ready to take on the world. When we're happy and feeling revived, we're able to spend more time and energy on others.

Being able to take a genuine interest in others can lead to stronger relationships. When doing things that you enjoy, why not invite a friend, or loved one to do the activity with you? This can be a great way to connect and will allow you to accomplish two things at once - developing relationships, while enjoying things that are important to you.



"Time is our most precious commodity. It is the one thing that we can never get back, but we can always give ourselves more time by looking after our health. How you spend your time will determine the quality of time that you have!"

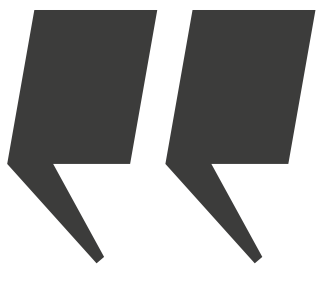
While you may be tempted to say you don't have time, or will do it later, it's important to make time to do things that you enjoy.

Even if it's something small, and simple - like taking a twenty-minute walk or spending a few minutes catching up with a friend. No matter what it is, the important thing is that it will give you something to look forward to and will provide a much-needed break from your usual routine.



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10. BUILD MOMENTUM



The most important thing you can do to achieve your goals is to make sure that as soon as you set them, you will immediately begin to create momentum

- Tony Robbins

Common Barriers.

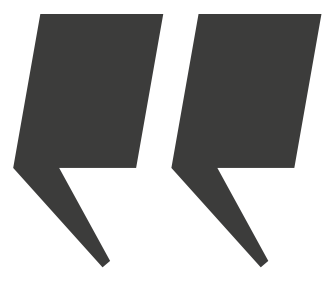
Have you ever hesitated to take action and ended up stuck in a rut not knowing what to do? There are some common reasons why this happens. Momentum can't happen until we start taking action. When we avoid taking action it's often because we have created resistance in our own mind. We have convinced ourselves that what we want to do is exceedingly difficult. But is that really true or is it just an avoidance technique?

Create momentum, create confidence

Sometimes we are waiting for some kind of sign to indicate that it's okay to move forward.

We might be waiting until we feel more confident because we don't really feel up to the challenge. Or we could be thinking that if we just wait a while those obstacles will disappear, and our goals will be easier to achieve. Try to make exercise fun and you will enjoy it, and probably look forward to it rather than thinking of it as a chore.

The longer we wait to act, the harder it is to get started and build momentum. Circumstances will never be perfect and waiting until they are is the same as going nowhere. The truth is, it will probably never get any easier to move forward and every moment that we hold back will just make things worse and prolong the process.



Procrastination is one of the most common and deadliest of diseases and its toll on success and happiness is heavy

- Wayne Gretzky

Momentum Is One Of Those Rare, Self Perpetuating Phenomena.

That's what makes it so powerful. The perfect example of momentum is a snowball rolling down a snow-covered mountain. What happens? It grows and picks up speed along the way, right?

But how can you use this power to achieve your goals and start living the life the way you want to? Instead of getting bogged down by excuses, try to create some momentum as soon as possible. And really, this is not something that is all that difficult to do. That giant, fast moving snowball started out small and slow. The reason it grew was because it kept moving. We don't always need to launch into action, but we do need to start moving and to keep moving so we can build some momentum.



Taking consistent action toward your goals is the best way to build momentum. That means that taking action will get easier and easier as you go along. Eventually the actions you take will require much less effort. You'll begin to enjoy your activities because you'll feel more empowered and confident, and you'll have momentum on your side. Once you have some momentum, it is much easier to slightly change direction as needed.



3 Ways to Build Momentum

1. Commit To Taking The Necessary Action Steps First.

That's what you really need to focus on. One of the things that can prevent us from reaching our goals is making only a very limited commitment to taking the actions that will get us there. Early on, action needs to be our main concern. Obviously, we want to keep our goal in sight, but the majority of our attention should go toward taking consistent a Purposeful action - *That's how we build momentum!*



2. Break The Process Down Into Small Daily Actions That You Can Actually Win.

Taking small, consistent steps toward a goal is generally much more effective than large, sporadic actions. Plus, it's easier to get ourselves to act on smaller tasks. Even tiny actions will eventually begin to build momentum and produce results, as long as we are consistent. Making it your primary mission to move forward consistently will make it much easier to overcome obstacles because with each step your confidence will grow.



3. Focus On The Process Not The Outcome

Many a goal has been abandoned because people take action, wait to see what the results are, and quit when they don't see the results they expect in a short period. Don't get so obsessed with results that you allow yourself to get discouraged. In other words, focus only on keeping the ball rolling, even if you're not seeing the results you want just yet. If you get discouraged and quit, you're guaranteed not to see results. Focus on building momentum.

I can give you all of the information in the world, but it means little if you don't take action.

I have made these tips as simple as possible, whilst providing the information that will help you take all the steps in the right direction. I recommend taking all of these steps to ensure you get the best results, however if it seems a little overwhelming, implement one step at a time over a couple of days, weeks, or months if needed. The first steps are always the hardest, but this is where your character shows. I recommend going back through all of these tips to brush up on what may have slipped during this time, or simply to remind you of how you can take actionable steps to create the life that you want.

A marathon is run by taking small individual steps consistently over a specified distance!





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ESSENTIAL LISTENING

#6 POWER OF HABIT

[Tap the thumbnail above to play]

Your habits account for up to 40% of the decisions you make on a daily basis. They can be productive, or they can sabotage your efforts and best intentions. In this episode, I discuss both positive and negative habits, how to identify them, and how to rectify them.

#10 ACCOUNTABILITY

[Tap the thumbnail above to play]

The excuses when things aren't going their way. The road to success is determined by your ability to take ownership of your own life and decisions, and be responsible for your actions that have lead you up to this point, and will continue to impact your life moving forward.

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#11 HIERARCHY OF VALUE

[Tap the thumbnail above to play]

Values are the principles that drive every action and behaviour in your life. Most people don't have clarity around the values that are important to them, which leaves them floating through life and being reactive rather than proactive.



**THE FOOLISH MAN
SEEKS HAPPINESS
IN THE DISTANCE,
THE WISE GROWS
IT UNDER HIS FEET**

J. ROBERT OPPENHIEMER



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WIN THE FITNESS BATTLE TOP 20 PODCASTS



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TAKING NOTES

Use the space provided to take notes and record or journal the data from your work-outs, dietary changes and adjustments, measurements and any other information that you feel you track your progress.

A large, empty, light green rounded rectangular area intended for taking notes and recording data.

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