

**Achieve your Goals**

From my experience training and working with clients, I have observed and analysed what I feel are the personal characteristics that will go some way to helping you achieve your goals. These ‘characteristics’ are not a list of what you should possess, but are merely the traits that my most successful clients (and by this I mean those that have achieved their individual goals) have. They are the attributes that I have seen displayed consistently and on a regular basis by my clients.

Achieving your health and fitness goals is not just about training regularly and eating healthy (which is vital), you also have to show certain skills and qualities that will keep you on your journey. At times the going will be tough and it will be a challenge, for instance you have had a tiring day at work and are unsure whether to go running, or your work colleagues are tempting you with a box of cookies. By all means treat and reward yourself, but it is crucial that you possess certain qualities in order to achieve your long term goals and be successful. The following qualities are in no particular order.

1. **Positive Thinker and Confident**

*“Positive thinking will let you do everything better than negative thinking will” Zig Ziglar.*

I stress to my clients the importance and value of positive thinking. It is crucial to believe in yourself and to know that what you are doing is making a difference. If you do not believe that you can achieve your health and fitness goals then why should anybody else e.g. family, friends, colleagues, believe in you. Every morning have the confidence that today you are going to achieve your goals and do not let negative thoughts (and negative people) let you believe that your goals cannot be achieved. My most successful clients believe in themselves and are confident that they will achieve their health and fitness goals.

Tip: Surround yourself with positive people, for instance your training partner, and tell yourself that you will achieve your goals.

1. **Determined and Motivated**

*“The difference between the impossible and the possible lies in a person’s determination” Tommy Lasorda.*

*“*[*You don’t have to be a fantastic hero to do certain things – to compete. You can be just an ordinary chap, sufficiently motivated”*](http://thinkexist.com/quotation/you_don-t_have_to_be_a_fantastic_hero_to_do/340060.html) *Sir Edmund Hillary.*

Unless you have the determination and motivation to succeed then achieving your health and fitness goals is going to be almost impossible. Exercising is hard work, for instance doing the last exercise of a circuit and running the final mile of a marathon, as is changing your nutritional habits. However, you have to be determined that you are going to achieve your goals and have the perseverance and motivation to stay on the journey. I can see the determination to succeed in the eyes of my most successful clients, when for instance their muscles are aching during the final exercise of a circuit. There has to be the motivation and drive to exercise even when, for instance, it is raining outside when you are going running, or your friends are trying to persuade you to miss a training session.

Tip: Think of why you are putting the effort in and keep evidence of your progress to keep you focused on your goals and motivated e.g. progress photographs.

1. **Goal Orientated**

*“Shoot for the moon. Even if you miss, you'll land among the stars” Les Brown.*

Unless you know what you want to achieve, how will you ever know if you achieved it? I get all of my clients to write down and constantly think about what they specifically want to achieve, for instance, to lose 2 stone in weight in 5 months or run 10km in less than 1 hour. Having a goal and objective to strive for and work towards makes all of the hard work worthwhile when you get there and keeps you focused when the going gets tough (training and nutritionally). Knowing what your health and fitness goals are also enables you to keep a constant check on whether you are still making progress towards achieving your goals and whether you need to re-tweak certain parts of your training and/or nutrition.

Tip: Write down and constantly think about what you want to achieve in the short term e.g. 2 months, in the medium term e.g. 6 months and in the long term e.g. 12 months plus.

1. **Consistent**

*“The secret to winning is constant, consistent management” Tom Landry.*

Training or eating well just one day per week and then having 6 poor days will result in you never achieving your goals. You have to be consistent and regular with your exercise, for instance training on a Monday, Wednesday and Friday, and your nutrition, for instance eating nutritious foods every 2-3 hours. If you are not consistent with your health and fitness regime and your nutrition then your body will not adapt and become fitter and stronger. You have to get into the routine of exercising and eating better and then be consistent with your lifestyle changes, for instance, cycling to work, going for a family walk every Sunday. Your body needs to be challenged on a regular basis.

Tip: Have regular exercise days and times e.g. 6pm on a Monday, Wednesday and Friday, and consistently eat well 80% of the time.

1. **Planning and Prepared**

## *"By failing to prepare you are preparing to fail" Benjamin Franklin.*

I get all of my clients to plan their training for the week ahead, for instance football training on Monday, Circuit training on Wednesday and Friday and a bike ride on a Sunday. This ensures that you can better organise your other commitments e.g. personal and work, around your training. By planning, you are more likely to stick to your training regime and not let other ‘things’ get in the way. Being prepared with regard to your nutrition is also crucial as that way you know exactly what you are feeding yourself, you will not be leaving too long between meals and risk overeating and your energy levels will be constant.

Tip: Plan your training for the week ahead and write it down, and prepare your meals for the day/week ahead and keep them in Tupperware boxes.

1. **Enjoyment and Having Fun**

*“Just play. Have fun. Enjoy the game” Michael Jordan.*

Unless you have fun and enjoy your exercise and nutritional strategy, then you are not going to achieve your health and fitness goals and long term success. No matter how ‘good’ the training and nutrition programme may be, if it is dull, boring and you are not enjoying yourself then you will not stick at it for long. My most successful clients use training activities and nutritional choices that THEY enjoy and find enjoyable (as well as effective). Aim to do activities that the whole family can do together, for instance, a Sunday morning walk or bike ride. Base your training programme around activities you enjoy so that it does not become a chore and boring.

Tip: Use a variety of training activities that you enjoy e.g. circuits, swimming, cycling, playing sport, and base your eating plan on ‘healthy’ foods that you enjoy and do not feel like a ‘diet’.

The above are just an indicator of the characteristics and attributes that my most successful clients have consistently shown. Please remember that other attributes may be more important to you and better help you achieve your health and fitness goals.

Should you require any help, advice or information please do not hesitate to contact me. I would be delighted to discuss with you the tried and tested methods and lifestyle changes that I have developed.

“Together, we’ll achieve your goals”

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