



Newsletter October 2009

### **Getting Comfortable with the Uncomfortable to Succeed**

It is no surprise to anyone that once you get to a certain elite level, whether it be in business or sports, there is very little that differentiates a winner and the runner up. The difference lies within individual motivation. While uncomfortable situations are often seemingly insurmountable to some, others see it as a challenge. It does not mean that the physical stresses are dissimilar in the same circumstances. My observation tells me that the negativity imposed by that stressful situation is managed better by some. Stress could be a motivator to some or to another, a downfall. Those who are not motivated by stress may have no coping strategies such as imagery projection. They may not be able to focus on the end result of their stress. They feel and react negatively to their current stress. For these persons, then it is clearly a downfall and a barrier to success.

There are some who are happy with the status quo and I applaud their comfort situation but for those of us who feel the need to improve, excel and get to the next level of personal success as defined by our dreams and aspirations, then we must get comfortable with the uncomfortable. However, we must be careful not to let stress over-run us as this could lead to ultimate failure. Managed stress and being comfortable knowing that in small planned doses, we can reach the top of our game.

So how do we get started? Setting a specific goal with a specific time frame is critical. For example, I will run a 5km run on my usual Saturday morning course under 20 minutes by December 31<sup>st</sup>, 2009. It is a good idea to write your goal on the bathroom mirror and/or stick a note on your refrigerator where it is visible to you and others. This will serve as a constant reminder plus hold you accountable to yourself and others. Being specific with your goal helps remove any uncertainty regarding the target goal and keeps you from renegotiating your goal as you get closer to your target date. Once the target date has arrived, you can renegotiate if you did not achieve your goal or you can set a new goal if you did reach your set goal. There is always the next step whether it is achieving better health or reaching a higher level of performance. Celebrate your new success but in this case don't get comfortable.

There are also many psychological barriers to success. You may feel alone in your quest for improvement. You may also feel that the commitment is just too much and that you would rather sleep in than to get up an hour earlier every morning to get your run in. When such questions give you some doubt about what you are doing, you must remind yourself of the prize at the end of the tunnel whether it be better health, less future disabilities or a corporate promotion. Also remind yourself that if the average person was doing what you were doing, we would all be CEOs with Olympic aspirations.

While very few of us will have it all, we can all strive to achieve it. ***Desire alone is useless but when coupled with determination, it becomes dangerous.*** Getting comfortable with the sometimes social, physical, and mental barriers is key to success and success is defined ultimately defined by you. Just remember, the difference between a winner and a loser, often times, is just one step. It is up to ***you*** to figure out that next step.

Best in Health,  
Giorgio Res, DC, PT, CSCS.

***1715 37<sup>th</sup> Place, Third Floor, Vero Beach, FL 32960***  
***772-978-7379, 772-539-8515 fax***  
***www.ActiveLifestylesVB.com***