[00:00:07](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=7)Hello, and welcome back. Everybody to the fight gravity show. I've been

[00:00:13](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=13)often away for a few weeks.

[00:00:16](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=16)Been kind of busy taking care of other matters. So I apologize for the amount of time I've taken between this one and the last one.

[00:00:28](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=28)Anyway, I'm here now and let's kind of get going.

[00:00:33](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=33)So it's it's just me again.

[00:00:37](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=37)I've had a few issues coordinating schedules with other people.

[00:00:41](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=41)It's kind of just that time of year, a lot of people, I know it's getting close to Summer and it's really, really busy people at WISE, and families in this that, and the other thing. So, here I am talking to you again.

[00:00:59](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=59)and a few things I want to talk about today,

[00:01:03](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=63)So first is commitment and consistency.

[00:01:09](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=69)In order for you to do anything or accomplish anything, especially on your health and fitness goals, you got to be consistent, you have to be committed.

[00:01:19](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=79)That's just the fact.

[00:01:22](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=82)You're not going to if you work out like once a week.

[00:01:29](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=89)It is better than none.

[00:01:31](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=91)If once a week is all you can do, okay?

[00:01:36](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=96)Check yourself. What are your expectations? If you're thinking you're going to get great results?

[00:01:43](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=103)Going just once a week, probably not.

[00:01:49](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=109)Twice a week is going to be better.

[00:01:51](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=111)He'll be able to at least hit like full body twice a week.

[00:01:56](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=116)Rest, two days in between.

[00:01:59](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=119)It's a lot better than once a week. Are you still going to meet your goals? I mean, maybe you'll be able to maintain. It's a lot easier to maintain, but to really disrupt the balance that we have the, you know, that homeostasis, we really got to

[00:02:17](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=137)Got to work harder than that.

[00:02:20](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=140)Three times a week.

[00:02:23](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=143)Three times a week, very doable. He hit full body three times a week. Give yourself 24 to 48 hours to rest in between, you know, like Monday, Wednesday, Friday, Tuesday, Thursday, Saturday,

[00:02:40](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=160)that paired with positive changes to your eating habits and lifestyle.

[00:02:48](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=168)You going to be good.

[00:02:51](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=171)And the other piece of this, the consistency the commitment and the eating habits.

[00:02:57](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=177)and that has a lot to do with like your self concept, but maybe before we go there,

[00:03:05](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=185)Like commitment.

[00:03:07](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=187)What's stopping you from committing?

[00:03:10](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=190)The lack of commitment, that's like sabotage to talk a little bit more.

[00:03:20](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=200)so when, when you decide not to,

[00:03:24](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=204)Not work out.

[00:03:26](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=206)not even to walk to be lazy to not even go upstairs to

[00:03:36](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=216)Eat bad food. What are you telling yourself?

[00:03:42](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=222)What you tell yourself matters?

[00:03:46](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=226)I can sit here and I could create like a system were essentially micro outside can micromanaging. You, it's like, hey here. Here you go. Do this.

[00:04:00](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=240)Don't think.

[00:04:04](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=244)I mean, it works. Other people do that other people create systems, and you follow it.

[00:04:11](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=251)if you don't change your mindset, if you don't change your beliefs confidence, what you're saying to yourself,

[00:04:18](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=258)you follow the plan, then you get off the plan and

[00:04:22](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=262)You fall back into old habits and be back, where you started?

[00:04:30](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=270)Currently where I'm at. Hit training is huge. People love to hit training, they get sweaty, they get tired, they feel good because after 40 50 minutes there, like I call the doctor just like that. They feel like they're getting results. Will take an instant gratification.

[00:04:53](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=293)Well, I mean I like it training. I do I want to do some, I'm not going to do it everyday, it doesn't really fit Michaels. I don't need to lose weight, even if I do need to lose weight.

[00:05:06](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=306)You don't have to do his training, you can, it's not necessarily the best, nothing's really the best.

[00:05:14](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=314)This is the best for burning fat. Is the best. Anyone says, like one thing is the best.

[00:05:21](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=321)You know what? Pull out your bullshit flag, nothing's really the best.

[00:05:27](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=327)Like, what are your goals? Someone says, like, saying, press is the best for strengthening your legs.

[00:05:36](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=336)I mean, but what is best?

[00:05:51](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=351)What are your goals?

[00:05:54](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=354)So someone tells you something is the best smile. Thanks. Yeah that's that's great advice. I'll look more into that and try to be positive to it if they're just kind of like telling what you should do.

[00:06:09](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=369)You know, you don't need to do anything.

[00:06:13](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=373)And I'm not telling you should or shouldn't do anything.

[00:06:17](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=377)I'll do my best to provide choices.

[00:06:23](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=383)So yeah, that happens people. And I believe when people come and tell us how you should do this, you should do that. Should should should should should should, should. I believe there's a good intentions. I believe. They're trying to help.

[00:06:38](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=398)Doesn't really help.

[00:06:41](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=401)Cuz a lot of times when this happens, the other person is not listening to us.

[00:06:52](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=412)so,

[00:06:53](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=413)Smile wave. Thank you. Yeah, I'll look into it. I'm grateful. I'm grateful for your advice.

[00:07:03](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=423)A move on train topic.

[00:07:06](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=426)But yeah, best

[00:07:09](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=429)Anyway, commitment.

[00:07:12](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=432)You got to commit.

[00:07:14](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=434)And you, you have to commit not. Because you're going to lose weight, not? Because you're going to build muscle. Not. Not even because of your gold belief in yourself.

[00:07:25](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=445)That's why you can ride and I guess that's kind of like the catch-22.

[00:07:30](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=450)when you can accept yourself for who you are,

[00:07:34](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=454)And that's when the profound changes happen.

[00:07:38](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=458)You eat healthy because you love yourself, not, I love myself after I lose this much weight.

[00:07:46](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=466)I love myself after.

[00:07:49](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=469)Five, six pack. I love myself after I can bend, whatever.

[00:08:00](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=480)You got to work on that.

[00:08:04](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=484)I also say this, I didn't have this concept of like, self-love and confidence.

[00:08:11](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=491)when when I started my fitness journey,

[00:08:14](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=494)I actually had a lot of, like, like self-hatred.

[00:08:19](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=499)for really long time, and

[00:08:23](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=503)It would take a long time for me to explain that. It's like, like why story? That's why I'm writing a book. That's why I'm writing a mindset book and I talk about, you know, why I had like self-hatred,

[00:08:38](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=518)so stay tuned or if you want to know more, leave a comment page on talk talk more about this but

[00:08:47](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=527)Yeah, so I'm talking about this like confidence and self Love Stuff.

[00:08:51](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=531)If you could learn like from my mistakes, it would be like get that get that help dig deep inside where you can.

[00:09:01](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=541)Have a better, like, idea of a better feeling for yourself, more confidence that you'd like love yourself. This doesn't mean this isn't like a call to like fat acceptance though.

[00:09:16](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=556)Because it's not a healthy state to be like, Fifty to a hundred pounds, overweight, that's a problem.

[00:09:23](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=563)You don't have to Hate Yourself.

[00:09:26](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=566)If you're a hundred pounds, overweight, you don't, you can love yourself and still a knowledge reality.

[00:09:34](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=574)So if you're a hundred pounds overweight, I love myself. I have a problem.

[00:09:40](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=580)Because I love myself, I'm going to take steps to solve my problem.

[00:09:45](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=585)I want to exercise more. I want to make better choices. I'm going to eat healthier. I'm not going to drink soda or fruit juice. I want to try to improve my sleep.

[00:09:59](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=599)This is how how lasting change happens.

[00:10:04](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=604)You can get the results that you want.

[00:10:07](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=607)like without making this mindset, you can

[00:10:12](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=612)You can go and click Through The Ether. That is the internet and there is a lot of great coaches. There are. There's a lot of okay coaches and there's a lot of bad coaches.

[00:10:29](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=629)And whether there are bad okay or good. If all the plan consistently, you're you're going to get results. How what those results look like, are going to depend.

[00:10:43](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=643)On a lot of different factors.

[00:10:47](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=647)But what they're not going to do is not going to change the feeling inside that you're not enough, it's not going to change. If you're really looking in the mirror and you're really hating yourself and your feeling disgust,

[00:11:00](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=660)And all that sort of stuff. It's it's not.

[00:11:08](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=668)But like how like how do you change that? And that's, I mean that that's our thing cuz I struggled struggled for a long time.

[00:11:22](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=682)and I feel like maybe part of it is

[00:11:26](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=686)like sometimes when we have this concept,

[00:11:33](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=693)Like we blame ourselves instead of circumstances. So something happened in our past and and like old take it really, really, personally, in all of the, we, we tend to be more critical of ourselves and others. And when something kind of negative happens, like we can like amplify that be super even more critical than the people teasing and bullying, whatever the negative event is an eight like cement like deep. And what some people would say, the subconscious that

[00:12:05](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=725)like,

[00:12:08](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=728)I'm unworthy, I'm on my worthless, I suck whatever that you tell yourself.

[00:12:17](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=737)like you, internalizes, I must be

[00:12:21](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=741)Kind of tracing your.

[00:12:24](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=744)oh, and experiences to, to this event and

[00:12:31](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=751)I'm looking at it and we're framing it. And this is what happened. This is what I told myself. What I told myself wasn't true. What I told myself was a reaction at that time.

[00:12:44](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=764)And what you told yourself, this dislike, this negative feeling going back to this event. It help you in some way at that time.

[00:12:56](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=776)And so we really need to like okay, that helped me then but this doesn't help me anymore.

[00:13:05](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=785)and,

[00:13:07](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=787)Like what was what what when you can look up on that again. Like what did I learn from this experience? What kind of learn from this experience?

[00:13:17](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=797)Yeah, and moving. Moving forward. You're a different person that experience doesn't Define you. It's in the past. You probably heard this like a million billion times.

[00:13:28](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=808)I've been kind of like going through this and going through finding your own process that you could look just like let this go and knowing that.

[00:13:38](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=818)It was dead sitting in the past, but I like, what? What doesn't help and people are just like people lose patience with you and they're just like,

[00:13:53](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=833)Like like, yeah, I even get that as someone who's like struggled to let go of stuff.

[00:14:00](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=840)so people who are looking to lose weight and have these like negative feelings of themselves and I had

[00:14:10](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=850)Again, a lot of negative attitudes about myself for a long time and so, this whole negative feedback loops that are going on in your head. I I, I really do get it.

[00:14:26](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=866)Men like getting to the root of it and dissecting it.

[00:14:30](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=870)This is how you like, you get profound change. This is how when you follow that plan, whatever that plan is. I can I could write a plan for you. I know people who could write a plan for you. I could refer you to people

[00:14:50](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=890)you know, it's

[00:14:53](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=893)if you're not into bodyweight stuff, there's there's like some really, really good guys. I can give you some recommendations that will write and I'm like an amazing plan for you that bring like a lot of value.

[00:15:07](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=907)when so whatever, like you choose to do, if you get this mindset work while you're doing it,

[00:15:16](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=916)then you're

[00:15:18](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=918)1 2 3 4 5 6 month. 1 year transformation. It's not just a one year transformation at lifetime transformation.

[00:15:30](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=930)so when were, when you're dissecting these elements in your own head

[00:15:36](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=936)And you're really like man. Where did this come from? Why do I believe this? How did this help me? When this happened? What can I actually learn from this?

[00:15:48](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=948)yeah, and

[00:15:50](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=950)find peace with what happened.

[00:15:55](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=955)And when you can talk about something that happened in the past like very nonchalantly, very casual and very just like hell yeah. You know, this kind of shity thing happened but the big deal, you know, and it was at the time, it was terrible but I learned of all the love of Allah.

[00:16:13](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=973)That's when you know, that's when, you know, if I could let it go.

[00:16:18](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=978)Hey, you can talk about that.

[00:16:21](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=981)And it's just like, oh yeah, I was silly not a big deal.

[00:16:31](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=991)and this is, this is how

[00:16:34](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=994)How you the tell me? This is how people make good choices. This is how people are successful. This is how people maintain a healthy way. This is how people get healthier and stay healthier and get stronger.

[00:16:51](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1011)And sustain, not just for a short. Of time.

[00:16:56](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1016)For the beach and then just let it be.

[00:17:04](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1024)That, that's how that's that. Like,

[00:17:08](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1028)That's that Cornerstone.

[00:17:11](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1031)4.

[00:17:13](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1033)We're like turning internalized, hatred into love.

[00:17:17](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1037)And that's how you commit. That's how you be consistent. The commitment and the consistency that goes down to the feelings and beliefs about yourself.

[00:17:31](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1051)So you dissect the feelings and beliefs about yourself a sect, the confidence and the lack thereof.

[00:17:37](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1057)And going into that. Get help from a friend.

[00:17:41](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1061)Write stuff down.

[00:17:43](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1063)Read books. There's a million bajillion books about this stuff.

[00:17:50](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1070)I considered neuro-linguistic programming.

[00:17:55](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1075)Dave Schneider has a lot of content.

[00:17:59](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1079)You could try to find CBT.

[00:18:03](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1083)I'm one influencer, I I love to watch all his content like, Tom bilyeu.

[00:18:09](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1089)Absolutely love this channel, has helped me so much.

[00:18:13](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1093)And one of the things.

[00:18:17](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1097)that they like talk about was like, what it's I think it's like betterhelp.com

[00:18:21](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1101)So then that could get you in contact with other other mental health professionals. I'm not sponsored At All by them. Okay, so I'm just throwing that out as a reference

[00:18:35](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1115)And that's just like one idea that might or might not be for you, you're an adult.

[00:18:41](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1121)You make, you make your decisions. That's that's just one that might not be for you. Great.

[00:18:48](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1128)Pick something else. Dissect that confidence. Get down. Get down to those beliefs work on those beliefs.

[00:18:55](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1135)Ask yourself these questions, ask yourself, those hard questions. Why do I believe this?

[00:19:03](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1143)Really being aware of what you're telling yourself.

[00:19:09](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1149)How you're speaking to yourself. What are you telling yourself?

[00:19:14](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1154)Looking at your own patterns.

[00:19:19](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1159)What parts of the day? Are you, are you more negative? When are you more positive? What triggers you

[00:19:26](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1166)Knowing these things, it is part of your health and fitness journey.

[00:19:33](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1173)So yeah, I take care of things physically, get a well-structured program from an experienced coach doing a variety of compound exercises, lower body pushing and pulling upper body pushing and pulling,

[00:19:46](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1186)I want in on your weaknesses, prioritize your weaknesses.

[00:19:51](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1191)Still work on your strings, work, on work on these intangibles and this is this is how we get sustained, like success.

[00:20:03](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1203)Mentally emotionally physically. Again, I believe when things are in line, mentally, emotionally and physically, and that's where I personally believe there's going to be spiritual growth.

[00:20:15](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1215)When you're checking those boxes.

[00:20:19](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1219)It's like like you have a pipe?

[00:20:24](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1224)And there's a bunch of gunk in it. And it's like,

[00:20:29](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1229)Yeah, I clean the pipe. Clean your pipes.

[00:20:32](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1232)Corset, it's more complicated. No metaphor is going to be perfect.

[00:20:36](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1236)But I hope you kind of get what I'm saying.

[00:20:41](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1241)So this is been inspired by Mike some people.

[00:20:48](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1248)They expressed frustration.

[00:20:52](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1252)Because they work out like once a week.

[00:20:57](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1257)And they're not totally happy with the results or sometime. It's working out just twice a month and it's just like

[00:21:05](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1265)You know, complaining bubble bubble blah on people.

[00:21:09](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1269)Not being proactive about things and getting complaining.

[00:21:20](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1280)and I was just like,

[00:21:23](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1283)I mean that you got to come in and be consistent. It's kind of late. It's literally that simple.

[00:21:30](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1290)It really is.

[00:21:35](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1295)You can.

[00:21:38](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1298)You can maintain, you can maintain your weight like working out 5 minutes a day. If you're eating well and your nutrition and your other stops and check, you might not be in amazing shape but you can you can maintain

[00:21:51](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1311)5 minutes today.

[00:21:56](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1316)I mean, technically like you you couldn't lose weight, just exercising 5 minutes a day like technically, if you're in a quart deficit.

[00:22:07](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1327)That might not be optimal mean it's probably going to be better to again do resistance exercise to strengthen your legs, strengthen your upper body, you know, put on that muscle.

[00:22:21](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1341)And I like, that's utilize it dr. Gabrielle Lyon muscle is the organ of longevity of her stuff. Highly recommend dr. Gabrielle Lyon

[00:22:35](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1355)Talking about protein talks a lot about protein, prioritizing present. But I just, I really like how she talks about. I really like how she frames it. I really liked Hutchins tiles in on protein synthesis.

[00:22:51](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1371)But yeah, anyway, so I'm going to wrap this up.

[00:22:57](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1377)Be consistent.

[00:23:00](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1380)Commit to yourself.

[00:23:02](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1382)You can't do that. There's something wrong with the belief in yourself.

[00:23:07](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1387)And maybe you don't like hate yourself. Like I hated myself for a long time and maybe it's just more of like a it's like a confidence thing. Like high confidence. Kind of like confidence like hatred. A lot of things are on a spectrum. You might be somewhere on there. You might just like your confidence and there might be like, believe might believe Michael never be able to again belief is tied and self-belief is tied with the confidence and you can kind of fall this process. Why don't I believe in myself? Why don't I have confidence in my ability to be consistent because he committed? Why don't I believe I'll be able to get in good shape. Why don't I believe I will be able to build muscle. Why don't I believe?

[00:24:02](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1442)When you're saying like, I don't believe what is happening. Like where are you feeling it in the body? What memories are triggered? Who's triggered? Who were you thinking of

[00:24:16](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1456)You. The following this may be around. Want to write it down again move, you're not going to want to talk to someone. Maybe you're going to want to get professional help. Maybe you're going to want to like read some mindset books, maybe you don't want to do all of this.

[00:24:33](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1473)You work on this, while doing your best to consistently move and make good choices every day.

[00:24:45](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1485)Over a long. Of time. You'll be great. You'll be happy. You'll be healthy and be strong, and leaf. It will be awesome.

[00:24:55](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1495)Step by step.

[00:24:57](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1497)You don't have to be a lot better. You don't have to go fast.

[00:25:02](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1502)And people get like impatient.

[00:25:05](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1505)And I want to get there fast. I want to lose 30 pounds in, okay. I haven't met anyone who wants to lose 30 lb in. 10 days, I haven't

[00:25:18](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1518)But everybody just like wants it fast.

[00:25:22](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1522)Anti.

[00:25:27](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1527)I mean, there's there's crash diets and other things you can get things fast.

[00:25:32](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1532)If the mindsets, if your mindset to there. If you're there, mentally emotionally, like spiritually. If you work on the beliefs and the confidence, you guys I think I think you could maintain it if the belief and The Confident is in place, and if you have the ability, once you go off a short and intense for to like pivot and do things differently, but still make healthy choices, you could be fine, but a lot of people obviously aren't this is why you've got to work on this.

[00:26:07](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1567)And again, you don't have to get a lot better.

[00:26:12](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1572)Just a little bit.

[00:26:16](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1576)Just a little bit by that. They find a great book. I don't know how many times already recommended it. It's a fantastic book. So I did, Cabot's.

[00:26:31](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1591)Creating system creating small habits.

[00:26:36](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1596)And I basically setting your environment up for success.

[00:26:42](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1602)Hey, so you said your personal environment, make it easy for you to make good choices. Make it easy to drink, water, make it easy to not have liquid calories. Make it easy.

[00:26:58](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1618)Turn yourself to cook, make it easy to eat, healthy food, make it easy to exercise.

[00:27:10](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1630)And this would help a lot. Make it easy to help yourself improve.

[00:27:18](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1638)Your thoughts, what you're saying to yourself, what you're thinking?

[00:27:24](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1644)Mentally emotionally. Make that easy. Make it easier.

[00:27:32](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1652)And good things will happen.

[00:27:34](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1654)I really do hope you can like take something away from this that's going to help you. That's going to up-level you that's going to inspire you to take positive action. So when you're getting at it, when you're tackling your goals, building muscle, or burning fat or like whatever maintaining getting stronger at whatever,

[00:27:55](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1675)Bedroom really tackling tackling your mindset and you're getting after it while you're getting in the best shape of your life. So, thanks for joining me. Thanks for tuning in.

[00:28:09](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1689)This this podcast is shows still really small.

[00:28:14](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1694)I don't have sponsors yet but I can sponsor myself. I help people manage their health using exercise nutrition and essential oils.

[00:28:24](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1704)I love doTerra essential oil, I use them every single day. It helps me and a lot of different ways. There's so many uses and I can help you. I'll put my email in the description. I'll also put my link and we can we can set up a call. We can do like a video call on Zoom. We could message like back and forth and we can talk about like how to get you started, how it can help you, what they're doing, what's her to impact? They're having. So if that's up your alley, if you're excited about natural solutions and you have to do things differently and you want to be dialed into something that's making a global impact.

[00:29:07](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1747)Reach out to me, and if it's not for you, that's okay. Keep listening. I'm not here to force you to do anything, so if you're like, oh my God. I don't like natural. Okay, great. Don't like them.

[00:29:24](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1764)But if you do, and you're curious reach out to me, let's talk.

[00:29:30](https://www.listennotes.com/podcasts/the-fight-gravity/the-fight-gravity-show-qRr4sLu2N0O/?t=1770)Thank you. Have a great day.