



Tips to keep you airborne!



January 2017 - I Surrender!



It all started when I got a voicemail from a PT at the gym the other day hoping I was on track with my fitness goals for the New Year (listening between the lines it was obvious they were calling because they hadn't seen me in yonks and their computer program spat out a red alert!!!)

In a nano second I felt stung. I'd been caught out, so I quickly went into unconscious blame mode and conjured up the following in my head;

I've just moved house; we've had relatives from overseas staying over the holidays; the gym's now too far away; I've hit the ground running workwise; blah, blah, blah...

That was, until I slapped myself into conscious mode and suddenly felt guilty for going into blame mode, knowing there was no excuse. That didn't last long. Nothing changed.

I soon became unconscious again, until by some strange coincidence my son happened to ask me why I hadn't been going to the gym of late.

Same old same old flitted across my screen. I replied *It's hard!* There I was still going blame, blame, blame, in my head.

Days passed. Still no heart thumping exercise (apart from incidental bits along the way, which I've always done).

So, what's it going to take for me to wake up?

A few days later I give my car a good wash and polish. Get the vacuum cleaner into all the nooks and crannies and leave it looking spotless. Not long before, my visiting sister had commented on what good condition my car was in for its age. I replied *I take care of it.*



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Fast forward to a training session I was delivering the other day in which I asked the group if anyone had a nice car or motorbike. A hand shot up.

Do you take good care of it? Yep.

Good quality fuel and oil? Most definitely.

Take it out for good runs? Of course.

Regular servicing? You bet.

Do you treat your own personal vehicle (pointing to the body) in the same way?

Answer: Err, no.

Bingo! Suddenly I was looking in my own personal mirror.

Time to surrender! I had nowhere to hide. My own vehicle, the only one I've got, was not being properly taken care of.

Without a WHY, it's hard to change the current course we're on. Only then can we grab a trusty OAR (take Ownership, Accountability and Responsibility for our actions) and steer ourselves in the direction we wish to head in.

Incidentally, my 92 year-old mother gave up smoking in her 70's. She'd had many failed attempts in the past. It wasn't until she heard someone on the radio utter the words *you are self-destructing* (which had nothing to do with smoking by the way) that she saw the light. Those 4 words had woken her up. Now, she had a WHY.

So, dear readers, if you're struggling with your goals...the what and the how...spend some time contemplating the WHY and then you may be able to sell them to yourself. Remember, **we buy on emotion.**

Once done, you can truly surrender to the process and take action.

Meanwhile, my message to self is yet again to walk the talk...hmm, seems to be a personal theme of late :)

Till next month, here's to waving white flags at oneself!

Cheers

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