

Learn How to REPROGRAM Your Mind, Body & Spirit to be Fit, Healthy & Strong for Life!

The question now is..."how do you put all of these incredible lessons together in order to begin making the necessary changes needed to start reprogramming your mind, body and spirit to be fit, strong and healthy for life!? Well, if you are truly serious about wanting to achieve and maintain your desired health, fitness and/or performance related goals as quickly and efficiently as possible, you must unequivocally define the **"WHAT"**, **"WHY"** and **"HOW"** associated with your specific goals.

There is no question that the number one reason why so many people worldwide have never been able to achieve and maintain (especially maintain) their desired goals (irregardless of the goal focus; whether it be health, finances, relationship, career, etc..) is because they haven't acknowledged and/or applied the **"WHAT"**, **"WHY"** and **"HOW"** (**Goal Acquisition Equation**). Without defining these key variables it is highly unlikely that we will ever achieve the structure and organization necessary to achieve and maintain our desired goals. Consider this; when was the last time that you set out to achieve a really important goal in your life and were successful in accomplishing it? Maybe you decided to go to college and obtain a doctorate in medicine or perhaps you chose to become a neuro-surgeon and committed to completing 15-20 years of grueling and rigorous training. No matter what...nothing you set out to accomplish in your lifetime (that would be considered by most to be significant) will ever be realized without paying an equally high price for it. Consequently, it will always be in your best interest to take time to evaluate your desired goals by filtering them through what we call the **"WHAT"**, **"WHY"** and **"HOW"** (**Goal Acquisition Equation**). The steps are simple as A, B, C and are as follows;



A) Define the specific goal(s) that you want to achieve and/or more importantly need to achieve (Your specific goal defines the **"What"** of the equation).

B) List three examples that show how accomplishing your goal will improve the quality of your life and wellbeing (as well as the quality of your family's life and wellbeing). For example; *"Once my body fat returns to fifteen percent, I will have so much more self confidence and self esteem that I'll be able to approach and engage new and prospective clients all day long at work and as I talk to more clients, I'll make more sales and as my sales increase, I'll be earning more money and will be able to pay off my debts sooner and when all my debts are finally paid off; I'll have so much more freedom and being free of debt is the best feeling in the world to me and my family!"* (These three examples of how accomplishing your desired goal will improve the quality of your life and feelings of wellbeing represent the **"WHY"** or "Purpose" of your goal. This is important to understand because without "purpose" there is no perseverance and without perseverance, your goals will likely never be realized).

C) Determine the methodology with which you will use to follow through and accomplish your goals. This is also an extremely important step as it will reflect the integrity of your decision making throughout the goal acquisition process. For example you could choose to forgo eating healthy and exercising each day and instead take diet pills to suppress your appetite thus promoting temporary weight loss or you could choose to change your lifestyle and adopt healthy food shopping and meal planning habits along with integrating regular and consistent exercise to encourage the reprogramming process and therefore enabling you to achieve and maintain a healthy, fit and strong, mind, body & spirit for life! The methodology with which you choose to accomplish your desired goal (s) is what determines the **"HOW"** of your equation.

In summary, it is imperative you understand that no matter what your desired health, fitness and/or performance related goals happen to be (whether you want to Achieve Optimal Fitness, Reconcile a Chronic and Degenerative Disease or Break a World Record) you must unequivocally consider and apply the three aforementioned steps identified and explained above. As it is within this structural organization and framework that you will experience a complete transformation of your mind, body and spirit, thus enabling you from this point forward to recognize and respect the close and intimate interrelationship of the human mind, body and spirit!