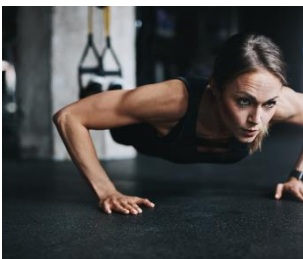


7 Tips to Achieve Success



Goal – have a clearly defined realistic and achievable end goal. Also take the time to set some mini goals to that you can have some wins along the way. Work out why you want this goal and what it would mean to you. Be authentic and make it your goal, not someone else's! Revisit your goal periodically so that you stay on track
For example: My goal is to get my black belt in Jiu Jitsu. My mini goals are getting through my coloured belts.

Inspiration/Positive Mindset – imagine how you will feel when you reach your goal and keep that feeling in the forefront of your mind. Surround yourself with people more advanced than you so you have help when you need it - guidance and direction. You will have leaders to help navigate you through the steps. Be curious, ask questions and don't be afraid to fail along the way. Your supporters will always be cheering you on and helping you.
For example: I partner with all different levels so that I can continue to learn and to practice what I learn and ask questions along the way.



Consistency/Focus – schedule your training into your weekly calendar; 2-3 times per week for effective results – do not allow other people or tasks to take over your allocated time – set your boundaries, be strong and learn to say 'no'. Respect yourself first. If you need to find an accountability buddy, or a supporter/cheerleader, then do so.
For example: I schedule my BJJ training sessions into my work week and block out times just for me and say 'no' to bookings!

Preventative Maintenance – schedule regular massages and chiropractic/osteopathic treatments in advance. Keep appointments even if you do not think you need them because this is called *preventative maintenance* and self-care. Being preventative reduces the likelihood of being out of action for a longer period of time as you have kept your body in a well maintained and functioning state.
For example: I have 2 massages per month and 2 chiro treatments per month.



Support Training – during your days in between training, undertake other activities that support your regular training like walking, running, Pilates, swimming, specific weight exercises, any rehab exercises you should be doing. If you are weak in a specific area then this is when you need to be working on strengthening it.
For example: I do Pilates and walking regularly and mix it up with running, resistance training, kettlebells and bushwalking!

Nutrition – keep a healthy balanced diet so that you have the energy to perform at your best during training times as well as performing well for your work and your family. You cannot get the best out of your body every day if you do not look after what goes into it! Eat as much high-quality natural foods as you can, meaning stay away from processed foods. If you need to take supplements, then make sure they are good quality ones! And, of course, drink plenty of water!
For example: I have a wholesome cooked breakfast, nutritious lunch and a light dinner with healthy nibbles or smoothie during the day. I am a vegetarian (90% vegan) so have a lot of greens and protein and minimal processed foods.



Rest/Recovery – this is all about self-care, of which I am a huge advocate. This means sleep and activities that rejuvenate you, not stress or drain you. Sleep is where your cells regenerate so you need to make this a priority - 7-8 hours per night. Doing activities which are less intense or strenuous and are enjoyable like day tripping into nature, reading/puzzles, yoga/stretching, socialising with friends/family, pottering in the garden, going for long walks with your dog, craft projects etc... you know, relaxing things.
For example: I do all of the above!!