

Be Relentless Podcast

Monday Quick Hit 27 – What Is Your Win?

Isaac Wilkins 0:08

And we're live What's up guys, this is Isaac Wilkins here on a run with strength training and I want to welcome to the be relentless podcast today we've got one of our Monday Quick Hits. Basically what this is gonna be I'm gonna keep it under 10 minutes and what we're gonna do is we're going to talk about, you know, something that's a little more something a little more actionable something that's a little more of a thought versus our longer episodes which we do on Thursdays, and that's where I kind of get into like deeper stuff or if I, you know, suddenly requires a little more explanation or if I have a, if I have a guest on this one we usually do that then, but so for today is just a quick hit, I'm gonna try to keep it nice and simple for you. And this is kind of like a little breakdown, or breakout piece of something that I'm going to get into on Thursday.

Isaac Wilkins 0:54

Recently at my gym run a strength training we just did a seminar on goal setting how to achieve your goals, how to set up a goal, and how to move towards that. And it was, it went really well. Basically what I'm gonna do is I'm going to re give that lecture quicker version of it is a couple hours.

Isaac Wilkins 1:15

But we give that lecture and give some of the exercises that we did on Thursday. So it's basically gonna be like a little mini seminar. So my clients couldn't make it so they wanted me to do that and I think that's pretty good content so I'm going to do that. But today though.

Isaac Wilkins 1:31

I'm just going to get into like one thing and it's one thing to think about. That's kind of the the foundation like one of the big reasons why I think a lot of people don't achieve their goals, they don't, they don't get where they want to go.

Isaac Wilkins 1:47

Even if I could be. I guess grandiose about it like well I think that a lot of people aren't happy.

Isaac Wilkins 1:52

Sometimes, myself included, and the reason why that is, is they don't really, they don't really sit down and figure out what a win is, you know what I mean like they don't sit down, figure out what success is to them like what what a goal that they should be shooting for is like what the actual qualifications are for success. And, you know, we're bombarded in the you know the media which is of course a big thing now everybody talks about the media with the big capital M. Uh huh. But, you know, our culture social media books, magazines, TV shows all that shit. We're kind of bombarded with like, what, either advertisers, or what a general consensus says that we should want to be happy. And what success is and it's you know the money in the cars and whatever.

Isaac Wilkins 2:48

It's being having a six pack it's being jacked as fuck it's whatever, whatever it is you're, like, kind of crowd and group buys into. That's what it seems to be seems to be one of those things that other people keep giving us the idea of success, and the issue with that is that you're always chasing this hollow idea of chasing this idea that somebody else put in front of you, or even worse, a lot of other people put in front of you in different ways so it's really not even any one person's idea of success, it's kind of this

like your brain has created this weird like conglomeration of lots of different pieces of success that turns into this like unmanageable nightmare that you simply just can't get a handle on and you couldn't accomplish even if you tried. And so as a result, you know, and I'm all about always trying to get better always trying to like move forward. But you never end up with this real idea of what a win is for you. And what a real like goal that you can achieve is. And unless you sit down. Clear the head clutter out and grab a pen grab a piece of paper whatever it is you do, and really just map out. Okay, what is actually going to be a win for me, you know, and it may be a lot of wins stack up so you know if you want to lose. 80 pounds.

Isaac Wilkins 4:18

Because you remember when you were 80 pounds less and that's when you felt like you were happy with your body.

Isaac Wilkins 4:25

Well okay that's a big goal and but at least you have a clear vision of that. And, but then so maybe the next one is to lose 10. You know what I mean like the next wind and stack on those however you want to like do that it will break that down. Thursday into deeper, deeper stuff, but without that you kind of just say oh well, you know, I wish I weighed less I wish I was leaner I wish I was more fit. And if you keep chasing that rainbow that horizon like there's just nothing there like you never know what's going to hit.

Isaac Wilkins 4:56

And you may get to somewhere where you actually would have been happy. If you had thought about it, but because you haven't thought about it, you're just kind of still always in this chase mode that chase mode is leads to stress like we talked about in the last podcast.

Isaac Wilkins 5:11

The last Monday quick hit that chase mode always leads to this like this stress this fundamental dissatisfaction. And it's really hard to stay on point when you're always feeling like you're miserable and your failure.

Isaac Wilkins 5:27

And if you don't define your win, then almost, almost across the board if you don't define your when other people are going to find it for you and they're going to judge you to be a failure.

Isaac Wilkins 5:37

So, you know, one of my favorite fitness authors, Dan John because great books like can you go and stuff like that and I would certainly recommend reading his stuff, but he has this great, great quote, and it's pretty simple, it's just keep the goal, the goal.

Isaac Wilkins 5:59

And I think that Dan is the master of the, of the quiet, profound statement.

Isaac Wilkins 6:05

But I think that one's really sums it up, and if you people get so caught up in doing things they actually forget why they were doing in the first place and sometimes they forget what to even their target was or, As I talked about earlier, they never even set one. So I think even before you end up in a situation where Dan would tell you to keep the goal, the goal. You should sit down and I'll tell you to figure out what the goal is figure out what the win is. And once you have that when figured out once you know

kind of what you, what you can do, you know to want to do, then you can focus on just that. And then when you're done with that, you can actually celebrate a little bit because you actually achieve your win. And there's nothing better than when you achieve your win and you can check that off the box, check that off the list you know what I mean.

Isaac Wilkins 6:58

And then at that point if you want to stack on another win. That's fine, because you've already done it you've been there you've got that makes sense. Alright guys define your when I'll be back on Thursday with some, some more information on goal setting kind of really breaking that process down, getting into the, into the nitty gritty a little bit, and goal achievement stuff like that. So in the meantime, I appreciate you listening. Thank you again. And if you get the chance, you find somebody that you know you know somebody that might need this might benefit from hearing this, please pass it on to them. That's always always helpful it's always great to bring new people into the, into the group into the, into the crowd, so to speak.

Isaac Wilkins 7:38

Those that are trying to get better. Those are trying to become relentless. And above all, I want you to. I want to thank you for choosing to be relentless.

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