

Be Relentless Podcast Monday Quick Hit 30 – Feeding Your Limitations

Isaac Wilkins 0:05

And we're live. What's up guys, Isaac will continue host to the Be Relentless podcast, which is what you're listening to right now. And I'm also the owner of Relentless Strength Training in Bangor, Maine which is home to the best gym family I firmly believe on the face of the planet. Members staff. Everybody just kind of the good thing I love about the great thing about it is that everybody is kind of like they're on their path but at the same time. It's a big crew and big community there's all trying to make everybody else better, and that that positive energy that moving forward type of energy that focused aggression, if you will, is fantastic for just getting things done kind of blasting inertia. And one of the things I want to talk about today is in that line, and today's going to be a Monday quick hit which means that we're going to try to keep it under 10 minutes here, not going to try to ramble too long ahhh Mondays I try to keep it short and just focus on kind of one thing at a time.

Isaac Wilkins 1:03

And I was listening to the other day to a podcast from Ed my lead who's kind of one of these business mentor, personal development speaker kind of guys, very dynamic speaker very dynamic, host of a podcast. Interesting stuff check it out if you want to the pilot show, you'll probably learn some good stuff from it. But he had another guy on Jim quick, who's kind of like a Brain, Brain Science Guy and Jim's really interesting guy kind of soft spoken, so they'll be he used a great quote, and I don't know if its original from him but I ordered it from him. So, for the sake of this discussion, it is. And that is that if you fight for your limitations. You get to keep them.

Isaac Wilkins 1:52

Which, that kind of made me pause made me actually pause the podcast and kind of think through a little bit.

Isaac Wilkins 1:58

And it's an idea of course that we all have heard but I had quite a fair to phrase that way. And basically, my takeaway from that was that.

Isaac Wilkins 2:06

You know, if you're constantly using your limitations whatever those are as an excuse for you're constantly keep bringing them up and you constantly keep like talking about that we keep making them a big deal, then they're going to stick around.

Isaac Wilkins 2:23

And, you know, when I coach clients I spend a lot of time on kind of the the mental aspect of fitness the mental aspect of nutrition and stuff like that, when it comes to coaching because it's not like I mean I can help you squat better and stuff like that but it's not like I'm going to be with you every day of the week at the grocery store at a restaurant to drive through like all that type of stuff I'm just not. So therefore it's more important for me to have a deep and honest coaching discussion with with you with any one of my members to help them make the right decision, think about things. And one of the things I find is I find a lot of people have running in the back of their mind, this thought process that they're a certain way or they can't do certain things, because they do you know their schedules too busy they, you know, they've always been heavy they've always been too late. They've always been not strong they've always been uncoordinated they've always been. Pick your value, you know you're there five

foot six you know as opposed to six foot six there, whatever it is that they feel is there a limitation to excelling at whatever it is that they're trying to do. And, you know, when you kind of put out people like hey you know what do you want to do when you want to accomplish they always come up with some sort of a goal, which is great. And it might be. I want to be. Lean and fit, I want to be, you know, a great baseball player I want to be by whatever. And then, almost across the board, you're going to get people to immediately they start throwing the butts in there to say I want to be lean and fit. But, you know, I don't have the kind of schedule us me, you know workout enough or, but my all my family hates to eat healthy food and vegetables. But, you know, I want to be great baseball player but you know I really have a hard time hitting curveballs.

Isaac Wilkins 4:13

You know I've done that you've done that we've all done that.

Isaac Wilkins 4:16

And what you're really doing there is.

Isaac Wilkins 4:21

Yeah, you're recognizing your limitations which, you know, I'm not gonna say, have some sort of like pie in the sky like you don't have any limitations type of thought. I mean that's just not true. But at the same time like it's one thing to recognize them and move on, or recognize them and use them as a okay but this is what I need to work on is something else to keep throwing them on over and over and over again I see too many people just kind of really attached and last hole that. And I think, you know, without digging too deep into it but I think that the reason why they do that is because they're giving themselves the out from success. They're giving themselves the out from, you know, failing at trying and failing. So, People kind of people are afraid of a couple of things. People are afraid of trying something and failing. Because, obviously, generally that's not good if you try to do something you don't get it, but also that could mean that you know you've extended your resources, you know your energy, your capital your whatever. And you've lost. So trying and failing for most people is bad, especially from a evolutionary science point of view, because that amounts to a waste of resources, and potentially exposes you to injury. Right. So this is why people don't want to try and fail.

Isaac Wilkins 5:42

The other aspect is that some people, and many people are afraid to try and succeed in. They're afraid that if they try and they succeed, suddenly they're in a new life. You know, if you've been heavier whole life and you lose 100 pounds, people gonna treat you differently.

Isaac Wilkins 6:01

People you're going to treat yourself differently. You have to buy new clothes, you're going to do do things, you know, your lifestyle is going to be different, you're probably going to eat different stuff you're going to do different things. You know, if you are pretty good high school baseball player that really isn't going to go to the next level because you can't hit a curveball, you know, but everything else would be in line, so you can go down in history as being a pretty good high school baseball player amongst your friends, you know, get a couple of small all conference stuff, stuff like that. That's a pretty good life, or, you know, probably not life but pretty good thing in your life.

Isaac Wilkins 6:38

And, but if you figure out that curveball suddenly now you're capable going to college and playing college ball. And that can be scary because now everybody, especially in their head they build up everybody's better than them. So, and suddenly you know you're, you're going from being a pretty good

sized fish in a small pond, to being potentially a small fish in a huge pond. That's very scary. People just as much as people fear failing people also sometimes feel fear success. So that's why they stick to these limitations. Because there's many people that would rather have that enemy they know they'd rather have that situation where they're kind of uncomfortable they're not happy, but they've made peace with it, then have to go battle on to explore new stuff and does expose themselves to more potential risk and failure. So that's, I think, why that happens. And when you look at it, rationally with your human brain that you have now your prefrontal cortex. It doesn't make a lot of sense because, you know, chances are if you lose your hundred pounds life is going to be better when I mean college baseball is going to be better than you know high school baseball.

Isaac Wilkins 7:51

But that's not what the, you know, self preservation lizard brain type stuff wants to do.

Isaac Wilkins 7:59

But that's where you need to, as the, you know, as the architect of your destiny that's where you need to take over. That's where you need to say, Okay, look, I have these limitations, whatever they are right now.

Isaac Wilkins 8:14

And if I keep feeding them if I keep using them as an excuse. I'm going to continue to be stuck right where I am, simply because I keep using these things to latch ahold of and all that's doing is that's trying to protect myself from having to make a change, and having to make myself better.

Isaac Wilkins 8:35

You know, but instead, I could look at these limitations say okay, you know, hey I don't hit a curveball very well now. I've always been heavy, keep using those two examples.

Isaac Wilkins 8:48

But what I could do is I could say well what if that changed. What if I learned a curveball, you know what if I learned to diet and exercise and do everything properly and controlled my psyche a little bit better. And therefore, could lose the weight. What if I could. So instead of feeding those limitations and fighting so hard to keep them like so many people do.

Isaac Wilkins 9:15

I asked you instead, What would happen to your life, if you could get rid of those limitations. If you could get rid of them. Or if you could even make peace with them and work around them. If you know if you're five foot six or five foot six.

Isaac Wilkins 9:29

But what if you could do, are the things that you want to do what if you could make those changes what if you could work around those limitations.

Isaac Wilkins 9:38

I think your life would be better. And I think that's going to stem from stopping to feed those limitations.

Isaac Wilkins 9:43

Guys, I appreciate you listening, thank you as always. You always might if you know anybody that needs to hear this, please shoot them a message, send them a copy. you know, share the link all that good stuff. I appreciate that. And please hop on over to iTunes, give us a review that always makes things better. It's easier for us to share get this message out.

Isaac Wilkins 10:05

I appreciate it. And above all, I want to thank you for choosing to be relentless.

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Recorded 03-11-19