

## **Be Relentless Podcast Monday Quick Hit 31 – A Better Way to Change**

Isaac Wilkins 0:02

And we're live. What's up guys, Isaac Wilkins here from Relentless Strength Training in Bangor, Maine, and the host of the Be Relentless podcast, which is what you're listening to right now.

Isaac Wilkins 0:12

And so today we're going to do a Monday quick hit, which basically, for those of you that are new. Welcome aboard. On Mondays I tend to do a shorter podcast I try to keep it under 10 minutes, and it is kind of sort of a food for thought podcast usually it's kind of not so much tactical was more of more of just something to be thinking about versus Thursdays I go a little bit longer. Usually 20-30 minutes, and that's where I kind of break down the tactics. As for what this podcast is, it is. You know fitness based because I own a fitness facility or gym I train clients, but also a lot of what I really feel is the value that that I bring in our facility brings is on the mental side of things. And I think that the physical is fantastic and it's a big priority. But you know whether somebody does eight squats versus six watts and stuff like that is probably less of an impactful thing versus getting their mind right and getting headed the right direction to actually do the squats in the first place.

Unknown 1:16

So that's kind of what we focus on.

Isaac Wilkins 1:19

In light of that today one of the things that has been kind of rattling around my head lately is this idea of how like as a society we really, we want to make like big big changes we want to make like big explosive pronouncements and movements and changes and differences and. Oh, I'm going to switch my whole diet around I'm gonna go paleo I'm gonna go keto I'm going to whatever it is that you do. And the reason we like to do those things is because it signifies to ourselves that you know we're making like a big effort we're making a big change. Towards whatever it is you want to do, fitness business, you know. Personal life whatever it is you are trying to make a change. You like to make these grand gestures, and those grand gestures to you you feel like you've really done something you know you've taken things to another gear.

Isaac Wilkins 2:16

The issue with that is that very rarely does that work.

Isaac Wilkins 2:20

Most of the time, most everything that we do is run by habits. I've seen estimates as much as 50% to 80% 80% a little high, but, but as of our life is run is almost like a sub routine and a habit, which is great. And we'll go into habits and another episode but the issue with that means that the things that you're doing right now are a habit, and if you radically change them like you blow it up you blow up your current system you try to adopt a whole new system, chances are you're going to be fighting against so many of these subconscious habits the whole way, that is going to be very very difficult for you to sustain that, and probably you're not going to sustain that to the point where it becomes a new habit, and a new priority a new focus. So once that enthusiasm wanes and once the results kind of start to slow down. And, you know, once it becomes like a drag because your whole life is not built around supporting that. Because remember, your, your habits build your life like basically what you do in your life is habit driven the vast majority of it especially your little day to day stuff. So as a result, your life

gets modified and molded to facilitate those habits, it goes both ways. So if you suddenly bought them all up here now fighting every step of the way every step of the way is hard, because the habits are ingrained in your life is built around supporting the habits you already had, which doesn't mean that they don't need to change. It could be that you do desperately need to change your habits, but doing it all at once in a big goes, probably not going to be the way to do it. Instead, the way I like to counsel people and tell people is to do things do them within the current system. So let's take, let's take nutrition for example. So you could explode your whole system and suddenly go you know keto is the big hot day right so you could suddenly go from eating fast food. And, you know, McDonald's and shit like that and go right into a full blown hardcore ketogenic diet. Well, okay, you like your french fries. So that's going to be hard, you're not used to cooking. So that's going to be hard yes of course you can do fast food keto but it's a lot harder, like any of those specialty diets probably going to need to learn how to cook. So you have to suddenly get new foods you have to learn how to cook you're gonna have to learn how to do all those things that makes it extremely difficult as a hard hard thing to do, versus a more taking things from within. So, if you're in that situation, maybe you might say okay well I used to eat three meals a day I'm gonna make it simple three meals a day and McDonald's. Okay, so what I'm going to do is the first step. I'm going to go to McDonald's and I'm not going to get fries I'm going to get the side salad with each of those meals. Right. This is not what I'm necessarily recommending but let's say for the sake of discussion.

Isaac Wilkins 5:18

So now what you've done is you've taken every one of your habits the same, you're still driving the same McDonald's. You're still going to the same thing you're still looking at the same menu, you're still all those stuff the same show body isn't freak out. You're only going to make one conscious change right so now all of a sudden you're making one better choice, but all the other habits the same next step of the day, or next step, you know once you get into a little bit comfort there. OK, now I'm only going to go and I'm going to get the grilled chicken and whatever. Diet Coke as opposed to sweet tea. So that's, you've now made another big change is still going to the same place, you're still getting food from the same place you're still talking to the same people you're still doing all those things. But you're kind of now you've made a substantial improvement over what you were at before. Within that box, then your next step from there might be okay. Instead of going to McDonald's for three meals a day. I'm going to start doing a breakfast at home, and it's going to be something easy and fast put together at home, whatever that is for you.

Isaac Wilkins 6:24

So now you made another change so now all of a sudden now in just a few changes. We've gone from eating three meals of like a McDonald's value meal of junk to eating breakfast at home that's quick and easy but relatively healthy, and two meals of lean protein and vegetables, admittedly McDonald's versions. But do you not think that you're already your intuition is so much better. And none of those were big deviation from the norm. And that's the key. Those can be much more sustainable.

Isaac Wilkins 6:58

Those going to be much closer to where you were before. And so over time you can drift and you can evolve and you can change. And that gives you more freedom, versus in the long run versus a. Like, I'm going to make a big change. and I'm going to start out a dead sprint, and just end up falling flat on my face.

Isaac Wilkins 7:18

Makes sense. So, my advice to most people.

Isaac Wilkins 7:23

There's a little few percentage of the people who have a very very compelling reason to make an explosive change and blow up their current system. They're either in such a bad state or they, they have a very powerful focus or the very powerful reason to change or something like that you can those people will make a big change. But the vast majority people do much much better if they just start to chip away at small habits that you know you almost don't even notice the change, but start chipping away at them and then look at them, you know, after a few weeks after a couple months, something like that. And you'll notice that they're now, you know, very, very different from where they were before they're in a very different place they're approved they're much better, but the same time they did it without causing themselves undue pain, and it did it in a way that now is the new normal. So now it's sustainable then keep it going.

Isaac Wilkins 8:13

So, that in mind.

Isaac Wilkins 8:16

Don't blow up your whole system. I know you're excited I know you're fired up I know you want to make a change, instead focus on 123 at most little changes within the stuff you already do, and build on those. Plus, there's a novelty factor in there that since you're making little changes, you can probably make them more frequently. So that'll keep you from getting bored from like one big hard change. Instead, you can kind of jump in make little tweaks.

Isaac Wilkins 8:41

So on that note, I'm going to cut this one short keep under 10 minutes guys, this is Isaac I appreciate you listening, if you know anybody that has a tendency to make that big exposed to change Do you think they need to probably ratchet that down a little bit, then feel free to share this episode with them.

Isaac Wilkins 8:56

Everybody else please do me a favor, head on over to iTunes, Drop a five star review for me I appreciate that. You know that always ends up helping us in the ranking so more people can hear this message. And above all, I want to thank you for taking your time and I want to thank you for choosing to be relentless.

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