

JANUARY 8, 2024

VOLUME 13

BoltFit Insider

Bolt Fitness Newsletter

MAKE YOUR NEW YEARS RESOLUTIONS STICK THIS YEAR

Happy New Year, Team!

Ah...A fresh start.

There's so much hope and promise this time of year.

Maybe you've set some resolutions in past years. Maybe those resolutions stuck...and maybe they didn't.

If not, why not? How can we approach our resolutions differently this year to ensure we STICK with them long-term?

The key - Focus on the PROCESS...Not The Result.

Follow the framework below to nail your resolutions this year, instead of bailing on them after the first few months of the year:

Want your New Years Resolutions to stick this year?

1. Set S.M.A.R.T Goals.

SMART goals are:

Specific

Measurable

Achievable

Relevant

Time-Bound

Newsletter Highlights

**Make Your New Years
Resolutions Stick This
year**

**Margaret Conquers 3-
Mile Walks, When Stairs
Used to be a Challenge**

**Random Thought of the
Week**

**Unleashing The Power
of Abundance:
Cultivating a Mindset
For Long-Term Fitness
Habits**



"I will lose 20lbs" is not a SMART goal.

"I will lose 20lbs by April 1st. To do this, I will exercise 3 days per week, eat protein and vegetables at every meal, and get quality sleep for at least 7 hours every weeknight." is a SMART goal

Specific: Exercise 3 days per week, eat protein and vegetables at every meal, and 7 hours of sleep per night.

Measurable: 20lbs

Achievable: Setting realistic parameters (diet, nutrition, and sleep) and realistic time frames (April 1st). Work until 8pm every night? Shutting off devices at 7:30 is likely not an achievable goal for you. Your individual process needs to fit within your lifestyle.

Relevant: Will the process actually lead you towards your goal? In this case, it will.

Time-Bound: April 1st.

SMART goals provide a process. A process is a plan. Without a clear plan, we can plan to get nowhere.

"I Will (BEHAVIOR) at (TIME) in (LOCATION)."

"At 5:30pm on Monday, Wednesday, and Friday, I will exercise at BOLT".

"On Sunday mornings before noon, I will prepare lunches for the week in the kitchen."

"At 7:30pm every night, I will turn my electronic devices off and read in the bedroom."

By setting these parameters, you give yourself no wiggle room.

With no wiggle room, you will complete the tasks you set out to complete. Through completing your tasks, you will build habits.

This may sound rigid and restricting to you.

It is.

When developing new habits that require huge amounts of willpower and mental work, we will need to build stronger walls around the tasks at hand.

Over time, these tasks require less oversight. They become more automatic. We start to feel worse about not performing our tasks than actually performing them. The walls become less necessary.

When you have built habits, you can experience more flexibility. When we have reached this point, we have truly set ourselves up for long-term success.

You need to learn the rules before having the right to break them.

State Troopers can speed on the highway.

By setting these parameters, you give yourself no wiggle room.

With no wiggle room, you will complete the tasks you set out to complete. Through completing your tasks, you will build habits.

This may sound rigid and restricting to you.

It is.

When developing new habits that require huge amounts of willpower and mental work, we will need to build stronger walls around the tasks at hand.

Over time, these tasks require less oversight. They become more automatic. We start to feel worse about not performing our tasks than actually performing them. The walls become less necessary.

When you have built habits, you can experience more flexibility. When we have reached this point, we have truly set ourselves up for long-term success.

You need to learn the rules before having the right to break them.

State Troopers can speed on the highway.

3. "When 'Situation X' Arises, I Will Perform 'Response Y'."

Life will naturally get in the way of your "I will..." statements.

Your kids will have a rescheduled practice during your exercise time.

Your spouse will be traveling, leaving you to the household duties and no time for meal preparation on Sunday morning.

You will have a work emergency, forcing you to stay on your devices past 7:30pm.

"When I miss my 5:30 workout at BOLT, I will go at 6am the next day."

"When I cannot meal prep on Sunday, I will buy pre-made chicken and vegetables at Shoprite for Monday and Tuesday of that week."

"When I am on my devices past 7:30pm, I will shut them off at 5:30pm the next day."

Many times with New Years Resolutions, this is where folks fail.

Even if life is perfect for a few weeks and you are on point with all of your objectives, something - at some point - will get in the way.

When this happens, a feeling of failure sets in.

Feelings of failure can lead down a nasty path. This nasty path ultimately leads to quitting.

You didn't fail. You just got unlucky.

Have a plan for the unlucky days/weeks/months. Don't get wrapped up in the minutiae.

If things don't go your way, have a plan B. Have a plan C. Understand that deviating from the plan isn't a failure. It's a part of the process.

Successful people make adjustments.

2024 can be your year if you want it to be. It will require planning. It will be simple, but won't be easy. It will require work.

Anything that is worth it, does.



MARGARET CONQUERS 3-MILE WALKS, WHEN STAIRS USED TO BE A CHALLENGE

WHEN MARGARET STARTED WITH US AT BOLT A FEW YEARS AGO, I THINK SHE WOULD BE THE FIRST TO TELL YOU THAT SHE WASN'T A "GYM PERSON".

THIS WAS ALL NEW FOR HER. BUT SHE COMMITTED.

MARGARET HAS NAILED ONE THING REALLY, REALLY WELL OVER THE LAST FEW YEARS - AND THAT HAS BEEN HER CONSISTENCY.

SHE HAS STARTED MOVING SOME HEAVY WEIGHTS. SHE HAS BUILT UP HER CONDITIONING.

SHE'S SHED POUNDS AND LOST INCHES.

MORE IMPORTANTLY, MARGARET IS ABLE TO LIVE A MORE ACTIVE LIFESTYLE *OUTSIDE OF THE GYM*, AND REALIZING THE COMPOUNDING RESULTS OF CONSISTENT FITNESS TRAINING AND AN ACTIVE LIFESTYLE.

BACK IN THE DAY...WALKING THE STAIRS WAS A CHALLENGE FOR MARGARET.



TODAY...

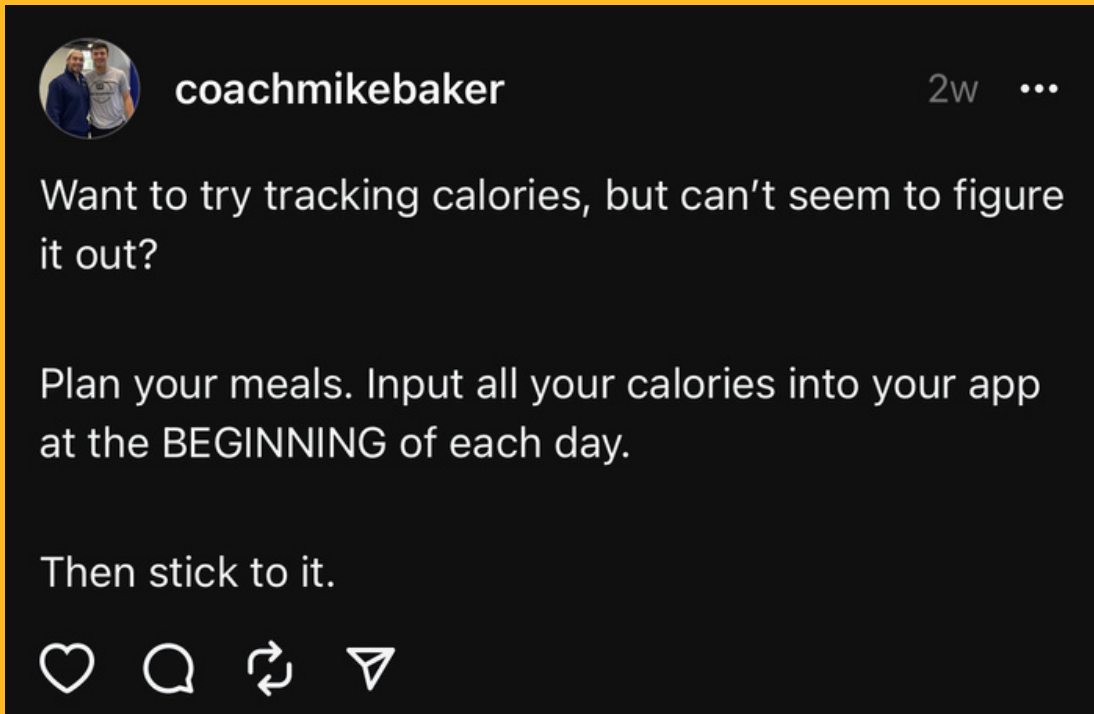
SHE CRUSHES 3-MILE WALKS WITH NO PROBLEM.

IT JUST GOES TO SHOW US ALL - CONSISTENCY + TIME = RESULTS.

NEXT TIME YOU SEE MARGARET IN THE FACILITY, GIVE HER A HIGH FIVE AND CONGRATULATE HER ON HER HARD WORK TO THIS POINT!



RANDOM THOUGHT OF THE WEEK



BOLT FITNESS & PERFORMANCE SHOW

Unleashing The Power of Abundance: Cultivating a Mindset For Long-Term Fitness Habits

In this episode, Greg and Mike break down the key differences between an abundance mindset and a restrictive mindset when it comes to fitness. Discover how shifting your perspective from scarcity to abundance can lead to the development of positive habits that naturally crowd out unhealthy behaviors.

Learn practical strategies and insights that will help you make healthy choices a seamless part of your daily routine. We'll share real-life examples and success stories that illustrate the profound impact an abundance mindset can have on achieving and maintaining your fitness goals.

Say goodbye to the limitations of a restrictive mindset and open yourself up to a world of possibilities for long-term health and well-being. Tune in to Episode 39 and embark on a journey toward creating habits that not only stick but also contribute to a life filled with vitality and abundance. It's time to redefine your approach to fitness and embrace the power of abundance!



LISTEN ON:

[APPLE PODCASTS](#)
[SPOTIFY](#)

