
THE TRUTH ABOUT YOUR EXCUSES!



THE WEEKLY WAKEUP!

Why you are lying to yourself with your excuses.

Your alarm goes off early on a Monday morning, you roll out of bed and like a robot go through the same morning routine of doing as little as possible before walking out the door. You spend all day either moving tools around, moving paper around or sitting in traffic just clock watching until its time to go home. Even when you get home it's the same old drill, play with the kids, have dinner, put them to bed and no doubt watch 'Married at first sight' with the misses before falling asleep on the sofa next to an empty crips packet. The days go by, the weeks go even faster and yet you remain the same.

You remain the same because you like to keep yourself well and truly within you comfort zone because this is where you feel secure. I read an interesting statistic the other day, '98% of adults over the age of 30 will never sprint again'. I found this shocking, why are we checking out so early in life, settling down to a life of comfort and overeating????

I'll tell you why, because it's easier than the alternative!

BUSY DAD BLUEPRINT: THE WEEKLY WAKEUP.

You're a busy dad, you're working hard to give your family the best life. When you're not working, you're doing all you can to be the best dad possible and be present in your families lives and as a result your brains telling you, 'You haven't got time for anything else', so you adopt a life of comfort. After all, why do you need to look after yourself, your wife doesn't mind your dad bod!

Your brain is lying to you!!

Here's the raw truth:

-You do have time, your system 1 part of your brain is just telling you, you don't, to keep you stuck firmly within your comfort zone.

-Past the age of 35 you are physically declining year on year, in fact at 35 there is a monumental decline in physical ability past this age. You know that lower back pain you feel, yeh enjoy that.

-You are also losing 1% of your testosterone every year past the age of 35, this increases to 3% after the age of 50. I know you're a proud man and I am sure you don't want to start randomly crying everytime you see a charity advert for 'Save the donkeys'.

-80% of divorces are requested by women and the main reason, 'their partner does not support their emotional vulnerability'. Now yes, most women are crazy we all know that, but she wants to see the BEST version of you, not the Netflix, sofa surfing version.

Dude I mean this in the nicest possible way, but you need to get your shit together! I am certain you want those who mean the most to you, to see the best version of your right????

So here are the most common excuses I hear from busy dads as to why they are glued to the sofa past 19:30 every night.

1.I don't have time due to work and family commitments.

2.I walk a lot so I don't need to exercise.

3.My family comes first.

4.Im too tired after work.

5.Im to old for all that now.

Lets bust these excuses, so you realise that narrative you have formed which is stopping you from operating at your best, is simply not true and only holding you back.

1. 'I don't have time due to work and family commitments'.

Your busy, I get it but everytime I have convinced myself I don't have time, when I managed to get back into the routine of taking care of myself I realised I always did, I just didn't prioritise it. If this is your main excuse then can I ask, what are you doing at 5am and after 7:30pm? If the answer to that is sleeping and nothing, then you bud have all the time in the world. This is why I set up the '5am Fitness Club' in Essex to allow busy dads to squeeze in a workout before life gets crazy. You do have time, you just don't prioritise time for you and that is the biggest issue. I know you want to spend more time with your kids, but remember they want to see the best version of you, not the overweight and always too tired to play version. You are also never going to gain any more time so might as well work around it.

2. 'I walk a lot and so don't need to exercise'.

I hear this one a lot especially from tradesman. The truth here is yes daily steps are great, but if you have done this everyday for years, then your body is no longer being challenged and so will only start to degenerate. Your body adapts to the environment in which its in, if you don't change the environment your body will stop developing, this is called plateau. Even if you hit the gym 4x a week, you should still be changing your training programme every 4-6 weeks or else your body gets used to the environment in which its in. I think deep down you know this though, saying you don't need to exercise because you walk a lot is just an easy justification to avoid taking accountability for the fact you don't do anything. This will be fine until you become older and that degeneration starts to become apparent. If you are a tradesman I am sure you don't need to go far on site to find someone with arthritis or joint calcification.

3. 'My family comes first'.

This is an interesting excuse to me as I get the sentiment, but at the same time what your saying is, 'my kids are really important to me, so I'm not going to look after myself resulting in my kids seeing a less than optimal version of me who's likely to be on this planet for less time'. If your kids are your priority (which they should be) then you need to demonstrate to them the importance of taking care of yourself, as the dad it should be you setting that example. It should be your number 1 priority to make sure you are on this planet for as long as possible so you can be in their lives for as long as possible.

The human body has been proven by science to easily live to 120 years old. What prevents that is the fact we prioritise money and use excuses to take the path of least resistance resulting in a far less than optimal longevity.

1. 'I am too tired after work'.

This excuse frustrates me more than any, but equally doesn't surprise me either. Remember earlier when I said your body adapts to the environment in which its in. Well a sedentary lifestyle is not going to result in high energy levels, mainly because your lifestyle doesn't require high levels of energy production. So guess what, you feel shit and tired! If I was also to look into the lifestyle of someone who has justified a lack of action with the excuse 'I'm too tired' I guarantee I would find poor daily habits. Little to 0 food preparation resulting in grabbing and going, probably a Tesco meal deal at lunch. Poor levels of hydration and probably late nights in front of the TV. If you want your body to perform better and to increase your energy levels, then create a demand for energy and give your body the required raw materials to do the job. Its not rocket science guys! But if this is your main excuse, then this one is incredibly poor.

2. 'I'm to old for that now'.

There's a saying I want you to remember, 'Its not how old you are, its how you are old' and I guarantee you're not even that old based on the fact your body has the ability to live to 120 years old. This again is similar to the 'I'm to tired excuse', its justification to avoid a lack of accountability. If this is you using this excuse then right now you have two choices.

1. Carry on as you are and accelerate your biological age, meaning your body is aging a lot faster than your actual age.

2. Regain control, cut the poor excuses and slow down your bodies biological age.

Only you have the ability to make that decision, but I promise you, if you carry on with this mindset you will only age faster thus confirming your belief in the first place. Regain control and slow down the speed in which you are aging. After all the oldest person to climb to the top of Mount Everest was named Yuichiro Miura who reached the summit at the age of 80 years old. Imagine where he would be in life if he said to himself in his mid 40s, nah im too old for that.

I want you to realise that excuses are just that, excuses. They are justifications you tell yourself to avoid taking accountability. You know deep down you need to regain control, so what's stopping you? Nothing but your own imagination.

So lets go.....

Regards

Coach James