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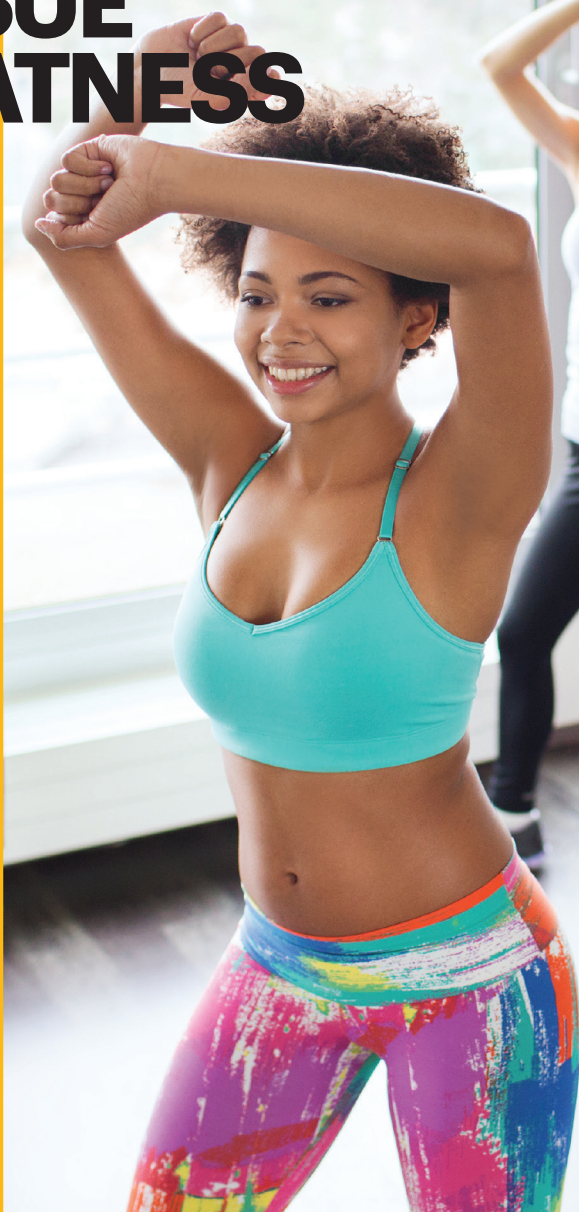
RELENTLESSLY PURSUE GREATNESS

Set an intention

HOW'S YOUR WORKOUT ROUTINE GOING?

Are you still on track for making the rest of this year the best year yet—mind, body, and soul? Well, a good place to start is your body. Plenty of research, as well as our intuition, tells us that having sound health and a conditioned body profoundly impacts mind and spirit. You can have all the best intentions, but if you aren't physically fit, you may struggle to bring those passionate dreams to fruition. As your peak performance and strategic coach, let me give you one simple way to help you get on and stay on your path to personal greatness.

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"WHAT WILL BRING ME THE ENERGY I NEED AND CONSISTENTLY INCREASE MY HEART RATE FOR AT LEAST 20 OR 30 MINUTES?"
BRISK WALKING, YOGA, PILATES, OR ZUMBA WILL DO THE TRICK.

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It's all about the questions we ask ourselves and the conversations that play out in our heads. **Here's a question for you: "What is my intention for having a regular workout regime?"**

This is a great way to get your brain thinking and finding an answer, and with that answer comes the action you need to get it done. If your intention is to live longer so that you have more time to hit the golf course and play at your best, more time to check off the bucket list, or maybe you're just serving some plain old vanity—it's all good. If that's what it takes to drive you

forward, then don't feel bad about it; just get going! If you want to feel better and have more energy, then it doesn't matter how you reach that goal. At the end of the day, your goal is to do whatever brings you fulfillment and peace. There's no point in struggling to figure out what the latest or best exercise is; all you need to know is "What will bring me the energy I need and consistently increase my heart rate for at least 20 or 30 minutes?" Brisk walking, yoga, Pilates, or Zumba will do the trick. Even just leaving your car a little farther from work, so you can fit your cardio in,

is good! It's all about setting your daily intention.

We are nearing the end of 2015, and yesterday you said "tomorrow"; well, "tomorrow" is here. Now is the time to get it done. Set your intention, find what motivates you, and just do it. Be relentless in your pursuit of personal greatness—mind, body, and soul.

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