



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Try to surround yourself with environments and people that reinforce the habits you want to build, you can then help each other, if needed.

FITNESS TIP

A controlled day is where you do what needs to be done in and out of the gym regardless of your mood. These actions will start very quickly to become the norm.

Don't miss David's tips every Saturday in your Journal

LOOKING after health, fitness, appearance and mindset sounds straightforward.

Eat better, move more, stay consistent and take pride in showing up and achieving it.

So why do so many people struggle to do it all year round?

Because it's not about knowledge, it's about discipline, identity and control over your own thinking. Motivation is unreliable plus it comes and goes. The people who stay consistent aren't more motivated, they have just stopped fighting with themselves and act no matter how they feel.

I believe if you are capable of doing it but consistently don't, you have to ask if you really want it enough? You need to be honest with yourself because when you truly want something you will continually push to get it.

For many people, the struggle

*Choose discipline
over comfort*

**Motivational quote
of the day**

isn't just physical, it's mental. It's built from years of habits, where comfort becomes the default and a mindset of saying I'll start tomorrow, I'm too tired, or it doesn't matter that much. Over time, those thoughts become automatic and begin to control your actions.

When you add stress, responsibilities and constant distractions, it becomes easy to drift not because you're incapable, but because you've never fully taken control of your thoughts.

But remember you are fortunate to even have the ability to improve yourself, because there are people who, due to health, circumstances or life situations, simply don't have that option. What you see as effort, others would see as opportunity.

You don't have to do this you get to.

■ How to Take Control - Eight Practical Principles

■ 1. Treat It Like a Job (at least at first)

Stop relying on how you feel. You don't skip work because you're not

in the mood. Apply that same standard to your health and over time it will become automatic.

■ 2. Take Control of Your Thoughts

Your thoughts drive everything. If your mind is full of excuses, your actions will follow. Learn to override that and do it anyway, if you want it enough you will.

■ 3. Use Perspective as Fuel

You are well enough to take care of yourself. That alone is something many people don't have.

Recognise that privilege and act on it. Not out of guilt but out of responsibility.

■ 4. Do It for Your Future — And Your Family

If you have children, this goes beyond you. This is about being there longer, being active with them and actually enjoying life together. Your effort today shapes the years you'll be able to share with them.

■ 5. Make Quitting Unacceptable

Anyone can quit, that's easy which is why most people do. Decide that quitting is no longer an option, you don't need perfect days, you need consistency.

■ 6. Raise Your Standards

When you decide you're someone who looks after themselves, your actions align with that identity.

■ 7. Focus on Control, Not Perfection

Perfection is unrealistic but control is powerful. A controlled day is where you do what needs to be done regardless of your mood. These actions will start very quickly to become the norm.

■ 8. Take Pride in Being Strong

There is pride in discipline, in doing hard things when it would be easier not to. Strength is built in those moments when you choose action over excuses.

Now is the time to take control of your life - be strong with yourself going forward.

