



Episode #80 - What's your relationship like with training?

The goal of this podcast wasn't to create a negative spin on the world of health and fitness. The main objective was to get people to evaluate their mindset towards training and analyse whether their current outlook is congruent to continuous development and fulfilment in the industry.

I think many people are susceptible to becoming slaves to their craft. They let what they do define them and so don't know what to do once lack of motivation or an injury occurs. Training is merely a tool for self development, it is not something that should consume your entire lifestyle and headspace.

Our biggest obstacle in self development is ego. When we compare ourselves to other we create competitiveness. This competitiveness is driven by a yearning to be better than others which boils down to want of stature. Stature is "artificial" gratification as it can easily be taken away. You must build a healthy relationship with training based around pure enjoyment and progression through perfect means.

Recommendable books

The obstacle is the way
Ego is the enemy
The daily stoic

Link - <https://amzn.to/2R1kjuN>

Questions to ask yourself

1. How would I train if I started completely from scratch know what I know now?
2. Do I compare myself to others and does this impact my logical thinking when it comes to progression when training? i.e. adding more weight, more volume, more drugs, less/ more calories
3. Am I a martyr to my lifestyle?
4. Am I building foundations that are good for me?
5. Am I truly happy with my relationship with training?