

## **My Story - Part 2: Things are slow and go, especially when I'm a hard-way learner.**

So, I joined the gym and changed the way I ate. This, by the way, was my fifth gym membership. I felt reasonably confident that I knew what I was doing in the gym. Nutrition, on the other hand, was new territory. For some reason, I hadn't made the connection that what I ate directly impacted how I felt. Up until now...

Fast forward to a year later: July 2012, I'm down 70+ lbs and I'm feeling pretty good. I decided to join an online coaching group that I'd been following for a couple of years. I had been on their pre-sale list three times and chickened out each time. Part of me wanted to do it on my own, and another part of me was afraid I wouldn't be able to do the program. Not perfectly anyway. And I am a perfectionist. Perhaps you can relate?

So, I joined the group and I did every lesson, practiced every habit, and completed every workout to the best of my ability. I completely ignored the fact that there was a Facebook group, Forums, and a Coach available to me during the entire 50 week program. I thought it would be best for me to do it myself. This way if it wasn't perfect, no one would have to know. Did I mention that I'm a hard-way learner?

little back story: due to several surgeries, my doctors told me there is no way I would be able to "have abs" and it could be dangerous to work my core because of the risk of back injury in the process of training due to the extensive scar tissue and numbness. I proceeded with cautious optimism.

Fast forward to the end of this remarkable program: There is an optional photo shoot. So, I decided to go all-in. I was approaching my 40<sup>th</sup> birthday and I was in the best shape of my life! I even had a hint of ab definition. Here are a couple of photos from June 2013:



Somehow, my Coach (who I'd spoken with only once during the entire year) noticed my progress and invited me to become a volunteer mentor and repeat the program, serving new members and helping them on our journey. This was the beginning of me finding my joy and passion. Stay tuned...

In the meantime; Have you ever felt like the cards are stacked against you? Have you allowed fear to hold you back from going after something you really want? Where are you holding back in life right now? Feel free to post comments or questions. I'd love to hear from you.