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I work one-on-one with extremely busy executives to create routines that include sustainable exercise habits.

Question:

How do I maintain focus on the results I want to experience?

A point to ponder:

Barriers represent blocks, excuses, reasons and blame.

Possibilities include potential and lead to celebration.

Goals are made of objectives, purpose, and intention.

Choices are made up of reaching potential and successfully integrating "action" and "intention."

I balance the daily "thinking" aspect of defining my exercise and the "doing" aspect of working out.

Look at where you are. Acknowledge anything that causes a block to working out. Sometimes the need to go faster gets in the way, so an option is to slow down. I read recently that Bruce Lee had a habit of breathing slower than he had to just before showing a student a new move while teaching his martial art. It seems like a good idea to slow down right before pushing "go."

I just picked a book up by Shakti Gawain, and a whole chapter is dedicated to Goal Setting. A great idea is to start with a clear picture of what the finished product will look like.

I am fascinated with "Opportunity Management." As changes occur, prepare for and enjoy the journey. Accountability - to your Self or to your world - starts with just a few choices made today.