

Rules for Success

1. There's no such thing as luck! There is only WORK, those willing to do it and those unwilling to do it. Put in the work! Luck is what everyone else calls the success you've worked so hard for.
2. Follow the core values of the plan of choice. Tracking, weighing/measuring, & moving! Do not skip steps and then blame the system for your lack of success!
3. Whatever you don't want to do the most is the one thing that is most important or you to do to take a step forward in your journey.
4. Always challenge yourself, always have goals. Celebrating successes is important but make it brief and get back to work. Becoming comfortable in your success is more dangerous to your journey than anything else you can possibly imagine.
5. Be accountable regardless of how uncomfortable it may be to do so. Face the truth with dignity one lost battle does not lose the war.
6. Be consistent at all costs! Only make changes when trends dictate change is needed. One scale result does not affect the overall journey. Too many changes won't result in the necessary knowledge needed to achieve the next level of your journey. Make one planned change at a time giving the change time commitments to produce results.
7. Do not be a blind man in a round room searching for the corner! Educate yourself on everything related to what you are trying to do. It is the minor details that will light the fire of ideas of changes to possibly implement.
8. Failing, making mistakes, and falling short are necessary parts of your journey to success. Each occurrence is the next lesson to achieve success in whatever you're doing. The guilt and shame produced from failing, falling short, or making mistakes are detrimental to any journey. Eliminating guilt and shame is the second most important thing you must accomplish in your journey and yet it is the most difficult to achieve. Getting knocked down is not a signifier of failing. Quitting is the only way to truly fail.
9. The transformation of your mindset is by far the MOST important thing you will need to accomplish on your journey. Defeating the demons of your past is tantamount to your success. Break the chains become the person you were always meant to be regardless of what you've done previously! At any given moment you must be ready to sacrifice who you are in order to become who you are meant to be.
10. Helping others will enable you to achieve levels of accountability you never knew possible. Solely because you will have no choice but to practice what you preach. Hypocrisy is easily exposed if you don't do what you tell others to do you will be found out quickly. Helping others is a reward that's value is only known the moment you share the joy of the success that someone else has achieved.