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5 Strategies to 'Get Up' for *Anything*.

Ever have trouble 'getting up' and motivated for a workout?

Which leads to either a lackadaisical training session... or nothing done at all.

Being constantly motivated isn't easy. It takes practice. It takes the right environment and the right routine or ritual.

The most successful and productive people aren't like this accidentally. They do things that lead to their productivity and success. They work at it. *I've* worked at it in the last few years and both my business and my training has grown by leaps and bounds.

The following short ebook/article gives you specific steps *you* can take to get more energy, focus, and enthusiasm for whatever task you're focusing on at the moment.

This includes work, spending time with the family and, of course, training.

1. Routine or ritual.

Schwartz gets into in his book. But I never realized the power of rituals until I started implementing them into how I work and my process.

A few changes I've made to my 'routine' that have really helped with energy and focus.

a) Get up at the same time 7 days a week. You'll find you have much more energy and you'll even start waking up without an alarm (which I now do around 6:15 am daily).

I've read some studies (I'll have to find them for you) that show that waking up to an alarm somehow has an adverse effect on our health. I can't remember if they're conclusive or what the down sides are. But I've noticed

that by training myself to NOT wake up using an alarm I have MUCH more energy when I first wake up.

To do this effectively we *need* to be having the same bedtime every night as well. This takes discipline but you'll *really* notice the positive effects on your sleep (you'll get more at a much higher quality; you'll also fall asleep much faster).

2. Follow the following coffee/tea routine.

Here's an insight into my morning routine (you've already seen), but here's a recap.

It goes in line with the fact that the more things become ritual or 'routine', the more our body 'gets-up' for them. They inherently know what's upcoming, and prepare for the task at hand.

Check out this article on ChadHowseFitness.com:

<http://www.chadhowsefitness.com/blog/2012/01/10-tips-to-take-back-your-morning/>

3. Find your best time to workout.

When do you have the most energy? Or when you do want to get an energy *boost*?

I've tested this out a lot within my own schedule. What I've found is that later on in the day I find it more difficult to get up for a training session. I simply don't have the energy.

If I start my day at 6 am and work until around 10 or 11, a workout used as a work break is about the best thing I can do for my day. After the workout I have a big meal. Usually followed by a 20-minute nap.

Now, I know the majority of you reading this might not have the luxury to take a 20-minute nap after a workout. But would you if you got to work at 6 am?

When I worked in corporate sales for a cellular company after high school, that's what I did. I was fighting. Lifting. And fitting everything I could into my schedule.

As such, I needed to get to work earlier. I also read a few books that highlighted the fact that most CEOs get to their office early in the morning. And most secretary's get to work when the office actually opens.

This meant I had no buffer when I called the office at 6 or 630am. I'd ask for the CEO or President of the company by name, and get to talking. Offer to take them out to lunch later that day.

If they're annoyed, all good. I'll call them back another time. Usually they're impressed that I'm calling them at 6 am and agree to lunch later that day.

Now that I've completely got off topic, let's get back to what we're talking about: finding the right time to train. Test it out. See when you both need a break and a boost in energy or blood flow. The following hours are usually great work hours due to the release of endorphins we experience during an intense workout.

When you find that right time (it could be different on different days), schedule that into your day first. Then let everything else fall in place second.

Your body will get used to "what's coming", and you'll notice an increase in energy levels, "getting-up" for the workout will be much easier.

4. Image boarding.

This goes in line with the next point, but you need motivation around you to be motivated. You need your dreams bombarding you if you're going to stay focused with your eye on the prize.

Image boarding is a powerful method to achieve *this*, but also your dreams.

What to do:

1. Grab some magazines or get on the internet.
2. Have your biggest dreams and goals written next to you.
3. Find pictures of all of them.
4. Paste them to a larger board as a part of a collage of everything you're GOING to accomplish in your lifetime, or even in the next few months.

By everything, I mean everything. Have a picture of your dream home. Dream view. Dream car. Dream vacation. Dream body (cut the head off and

replace it with your own – this is an AWESOME tool. You’ll kick your own ass everyday you *don’t* see this dream body in the mirror.)

Put one or two of these image boards in your office, in your room, or den. “Keep your eye on the prize” is a clichéd and over-used phrase. But it’s true and important.

The more focused you are on your dreams. The higher quality your work will be and the greater you’re going to be able to focus.

It sounds hokey. I thought it was bullshit if I’m going to be honest with you. But I tried it anyway, and now I swear by it.



5. Create a motivational space.

For me, this is the biggest thing I’ve learned to do in the past year. Wherever you work. Live. Even train. Has to inspire you.

One part of this is keeping your biggest dreams visible and as visuals.

I have a poster of James Dean with the quote *Dream as if you'll live forever. Live as if you'll die today.* Great words to see from the home office.

When I wake up, I look to my left. Hanging besides my bed is a framed Ali poster entitled "the Greatest". As I walk to prepare breakfast and get out of my room I see an original Rocky poster. "His whole life was a million to one shot" dawns the top of the poster.

If these don't get me up and going, I've got a growing library of books that will. If the books and the posters don't do it, I've a large and growing DVD collection of movies that have inspired me in the past.

I look down and I see *Cinderella Man*. The story of former heavyweight champion of the world. A guy who was broke, out of fighting, and pretty much homeless with a family to support during the Great Depression. If he could survive that, I owe my talents everything I can give to make my dreams become realities.

Braveheart, the Gladiator, Rocky I, II, III, IV, and Rocky Balboa - amongst a long list of other movies in the bottom row of my entertainment system. In full visibility. Calling me. Motivating me.

I can't quit with these visible.

If none of the above work, I have my image boards, pictures of my family and friends. Esquire Magazine covers (I have a goal to write for Esquire someday) dawn my desk.

Make motivation easy on yourself. Too many desks, offices, or even work spaces are barren wastelands. Devoid of anything that would even *remotely* inspire.

Don't do this to yourself. Give yourself a chance.

Make Big Things Happen.

Chad "Can't wait to wake-up every morning" Howse