

**Why are you the best you that you can be?** By Rob Crenshaw, NSCA-CPT.

One of my lines I use is "Working hard on myself so I can help others can work hard on themselves." And I tell you, when I have that in front of me, I get tons done and my motivation is off the chart. But when I start looking at the task... or more likely the tons of tasks I have in front of me, I get bogged down in the how and start find ways to get around it. I believe that my purpose in life is to help others. Call it being a healer, call it a servant to others, call it being a leader, or whatever you want, it doesn't matter if I haven't developed the best me ever. This doesn't mean that I put off helping others until I feel I am the best me ever. That would be like putting all your money in the bank and not paying a single bill until you had enough money to pay for everything for the rest of your life. Doesn't make sense does it? So what is it that makes you the best you ever? What is your motivation for doing what you do? Is it so you can be a better parent? Is it because you can make a better life for your family? Is it because you want to be known for something? Maybe it is to get over a negative experience you had earlier in life. It isn't hard to find what that one thing is that motivates you to the Nth degree. All you need to do is realize how you feel when you are thinking about different areas of your life. When you think about your kids, does your energy skyrocket? When you think about serving others does your energy just soar and you feel like taking on the world? Maybe you think about see yourself getting a certain award and you get that second wind to keep on going. It doesn't matter what it is, it only matters that it spikes your energy levels of the charts. What if you haven't found that one thing yet? What do you do then? Simple, think of anything that raises your energy even just an ounce. The more you do that, the more thoughts that increase your energy will come to mind. Soon enough, that one thing (and you will know it when it hits you) will come into view and... BAM! Off you go!

This approach applies to all aspect of life. Especially when it comes to fitness.

**Do you enjoy playing with your kids, or maybe your kids are at the age where you will be expecting grand kids soon and you want to be able to play with them. Again, whatever increases your energy when you think about it is what you need to keep in mind when you are heading to the gym or thinking about grabbing another bag of chips. That increased energy will get you to the gym before the sofa, it will give you the will power to leave the bag of chips on the shelf, it will allow you to go that extra set or two.**

**So take a few mins and think about everything in your life. All the people you know and care about. About anything that may be coming up in the future. And when you all the sudden feel like getting up and doing something... keep that thought in the front of your brain, write it down, post it anywhere and everywhere.**

**After all, your life is about you, why not make it the best one ever!**

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