LIMITLESS LIVING
GETTING COMFORTABLE WITH THE UNCOMFORTABLE
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“Somebody should tell us, right at the start of our lives, that we are dying. Then we might live life to the limit, every minute of every day. Do it! I say. Whatever you want to do, do it now! There are only so many tomorrows.” - Michael Landon Jr.

Every day we have daily reminders of what is possible with our lives. We can even look back and be reminded by the actions of those from tens of thousands of years ago as a source of inspiration. Whether it be the Pyramids in Egypt, The Taj Mahal in India, a riveting speech given by Randy Pausch, lifting a weight we have never lifted before, or a simple day at the park uninterrupted with our families.

Yet with all these reminders out there of how special this world can be we often decide not to let allow ourselves to live without limits. We put self imposed limitations on who we are, what we are capable of, and the impact we can make on this world. I made a short list. It goes as follows.

1. **We ALL have something great we can become**
2. **We ALL have a special gift to offer**
3. **We ALL can make an impact in this world**
4. **We ALL have the opportunity to give back**
5. **We ALL have limitless potential**

Inside of us all is a unique soul itching to get out. Why do you think we get anxiety, stress out, frustrated, angry, or upset. It’s because we are not living our true purpose or living the life we are meant to live. Imagine Stevie Wonder not being a musician, Picasso deciding not to paint, or Paulo Coelho deciding not to write. They would have never lived their ultimate self and we would never have experienced their amazing gifts.

**Share you gifts with the world. Live limitless.**
Living on purpose and why confusion is comfortable

Written in my backyard in Cerritos, CA over a two day period, October 30/31. Under the influence of green tea with ginger.

I was having a conversation with a friend this past weekend. She was sharing her desire to find herself, or discover her true purpose in life. I kid you not, when I got home from that conversation and opened my inbox I had an email waiting for me from a reader that was essentially outlining the same thing.

Funny how the universe works that way.

Ok, back on track. Both of them felt like they were constantly going back and forth between thoughts, ideas, jobs, and relationships, never quite able to fully embrace anything in particular. Always questioning if what they were doing was the right thing.

After exchanging a few emails back and forth with both of them I started to think about my life a bit and whether or not I am on the right path. I then started thinking about whether or not the majority of others have these same questions. Turns out... you do.

What’s really going on

The desire to know yourself, discover your purpose, or live up to your potential has more to do with the fear of not ever being able to figuring it out than it actually does with the discovery itself. It’s pretty scary to think about going through life and never really figuring out who you are as a person. I use to often think “is what I am doing now what I was put on earth here to do?” That question in itself would give me anxiety out my yin-yang (that’s a nice way to say my ass).

But its the same fear, anxiety, and stress that make us so uncomfortable that keeps us safe. Fear is partly what keeps us from jumping out of an airplane with no parachute. You might be thinking that common sense is what keeps you from taking such an action but I would say that the fear of ending up like a pancake is what actually does the trick.

So what’s this got to do with purpose, self-discovery, and getting more out of life?
Well, without fears, anxiety, and stress we wouldn’t be highly motivated to achieve great things. Often when I talk to friends about what motivated them to finally lose weight they point to a specific time where the fear of what might be to come kicked in.

It might have been not fitting into a pair of pants, a body fat test that went terribly wrong, or having a recent picture taken of them in which they were surprised at what they looked like.

For me personally it was being in a job that I had no love for (if you’re interested you can read about that here). It was a paycheck to provide safety and security for me and that was it. Personally, I believe there is a fine line between the amount of safety and security we actually need. To little and our heart feels like it’s going to explode, while too much and we are never motivated to challenge ourselves and pursue the things that matter most to us.

No right or wrong way to do this

There is no wrong or right way to go about discovering the self. Which ever method to the madness that you embrace; each will have its limitations, restrictions, and weaknesses. It’s best to not concern yourself with what the best way to go about this may be but to simply get started and figure it out as you go.

More importantly will be your ability to change direction and shift perspectives as needed. The world is like one giant college campus and at our disposal is an infinite amount of courses we can take that will help shape who we are or who we want to be. The person you are varies on so many levels. There’s the person you are with your family, at your job, out on the town, with your health, and so on.

It’s hard to figure out who you are if you are repeating the same routine day in and day out. That’s not to say something new needs to be done every single day but take advantage of all that is out there. Learn to dance, learn how to play the guitar, take an art class, learn how to make sushi, go wine tasting, book a trip around the world, swim with dolphins, write a poem, BBQ with friends, participate in a triathlon.

Experience as much as you can. That is the only way to true self discovery and purpose. You may find your passions lay in many more things than you could ever have imagined.
What ever you do avoid getting stuck

If you’re moving backwards that’s fine, there is something to be learned from it. What can you do in the future to improve?

If you’re moving forward... well, that’s just great.

But if you’re stuck, you’re in trouble. There’s no learning, no personal growth, no experiences. Unfortunately it is in our nature to want to get to this place... this “Stuckiness” if you will.

Why?

Because “stuckiness” is safe and secure. When we find comfortability we grab and hold on to it like there is no tomorrow. The problem is when we feel stuck and no growth is happening this is usually when you can be sure you are at your unhappiest.

If your body and mind have an appetite for learning and adventure than feed it. Otherwise you’ll be left with an unsatisfied taste in your mouth.

You have many levels, different interests, different desires, and different emotions. This is why it is so important to test yourself on so many different levels. Taking on challenges that test you physically, mentally, emotionally, and force you to deal with fears, stress, success, and anxiety all help you to discover who you are under different circumstances.

Pushing yourself on a run or in the gym, tackling a fear of heights on a skydive, or writing a short story and putting it out there to the world can are all examples of ways you might force yourself to deal with some of those fears.

It’s the suppression of these things - Or not letting them out even though they are clamoring for it that causes personal uncertainty and anxiety.

Stop searching for your purpose and start living on purpose

Finding yourself, discovering your purpose, if these are questions you are asking yourself that’s a good sign. It means you have a deep love for life and are excited about the journey. All the apprehensions you are feeling are normal.
The most important thing to remember is that you are a constantly changing and evolving individual. Changes are happening every day physically, mentally, and spiritually. As you change so will your purpose. Embrace the change. “When you’re finished changing, you’re finished”

*When I was eight my purpose was eating as much candy as possible and playing in the mud. In high school my purpose was drinking beer and chasing girls. Now, it’s learning and sharing that knowledge with others. I could wake up tomorrow and find a new purpose... And that’s ok.*

A few things to think about.

**Want what you get instead of trying to get what you want.** Avoid constantly focusing on what you want or feel like you don’t have. Take pleasure and gratitude with what is currently going on in your life. Say thanks often, let people in your life know how much you appreciate them. How do you get currently get to work? A car is probably better than a bike, a bike better than your feet, and your feet better than crutches... I think you get the idea.

**Avoid the trap of validation.** It’s natural so want to please others but when it comes to your living life on your own terms trying to live up to the expectations of others can be a daunting and impossible task to live up to. A sure-fire way to make yourself pretty damn miserable is to constantly compare yourself to others. Remember that people often show us what they want us to see. You get snap shots of someones life - The good that is. Everyone has struggles, hardships, and battles of their own that they fight.

**You’ll always want more, better, faster.** It’s natural to be in a perfectly good place and still want more, to want to improve, and to want results faster. It’s actually a good sign, it means you’re a highly motivated individual to constantly want to be improving. Focus on progress and the behaviors that lead to progress. If building muscle or losing body fat are goals have you progressed a little more from this week than last? How are you measuring success? The scale, body measurements, before and after pictures?

If progress has stalled what could have been the cause? Take a look at your habits over that time period at assess whether or not you were behaving in a way that leads to the results that you are looking for.

**Spend a little time focusing less on yourself.** I know that sorta
sounds ass-backwards but it can often help. I’ve noticed often that when I am preoccupied with myself and getting my own goals met that my ego often gets in the way and blocks the person that I really am. Spend sometime helping others with goals and ambitions. Use your skills and resources that others might not have to assist them in achieving their goals.

Serving someone else or something a bit bigger than yourself can open the flood gates to creative energy and personal awareness. Volunteer, help someone with a work project, go running with a friend that is trying to get into shape.

**You might just be a jack of all trades.** If you have many interests but feel the necessity to just pick one, say screw it and embrace them all. There is no real need to focus on one particular area. You may be drawn to many different areas. Dabble in them all, you’ll often find that some just naturally fall off while others stick around and become moments of sheer bliss. Each of us is unique, while some do well with one particular dream, goal, or passion - others have multiple interests so don’t feel obligated to ditch one in favor of another. Keep experimenting.

Personally, that’s where I’m at right now. I’m passionate about learning and challenging my current beliefs on all avenues. A lover of wisdom or wanna-be philosopher if you will :)

**Check-in today. Where you at and are you doing things that challenge you physically, mentally, emotionally, and spiritually?**

Live limitless,

Justin
The four pillars of strength and how to achieve them

The philosophy here at Limitless is centered around “doing more of what you love and less of what you don’t” and it starts with your health. By taking proper care of our bodies we make it a source of freedom, energy, achievement, success, and a main contributor to doing those things you love most.

When you are looking your best and feeling your best, confidence is at an all-time high, optimism is on cruise control, and the willingness and belief that you can achieve the impossible seems less far-fetched and closer to reality. Unfortunately you can also allow your body to become a gate that holds you back from those things you want to do most. When you let your health decline so to does your self-confidence, zest for life, and willingness to try new things.

Just think back to a time when you were your happiest. It probably was also the same time you were your healthiest.

The good news is you have a say in the matter. You can choose for your health to be a source of strength or you can allow it to become a limiting factor that holds you back.

Strength is more than just physical

Strength is more than just a physical element. For one to truly display strength there must be a combination of physical, mental, emotional, and spiritual strength displayed on a consistent basis. It may take physical strength to squat 300 pounds but it takes mental strength to get up every morning and dedicate the time to it day after day.

The four areas of strength compliment each other and feed off of each other. One without the other is like a broken link in a chain. You may be strong up and down the chain but one tiny crack in a link and eventually that chain will break.

Derek Sivers equates building complete strength to being an elite athlete.

“Professional athletes typically spend about 90 percent of their time
training, in order to be able to perform 10 percent of the time. Their entire lives are designed around expanding, sustaining and renewing the energy they need to compete for short, focused periods of time. At a practical level, they build very precise routines for managing energy in all spheres of their lives - eating and sleeping; working out and resting; summoning the appropriate emotions; mentally preparing and staying focused; and connecting regularly to the mission they have set for themselves.

The primary markers of physical capacity are strength, endurance, flexibility and resilience. These are precisely the same markers of capacity for emotional, mental and spiritual strength as well. (More on this below)

One is not anymore important than the other. They go hand in hand, working together to provide us with complete strength in all avenues of our lives.

The four pillars of strength

Physical strength: The ability to apply force or resistance during a given task. To lift, move, carry, or pull objects without hurting yourself.

Emotional strength: The ability to embrace a wide array of feelings and emotions and to transition from one response to another with full awareness, comfortably, and confidence to allow yourself to feel and express them.

Mental strength: To be able to focus over an extended period of time, through highs and lows, good and bad. To value your own opinions and respect those of others and formulating your own conclusions to questions based upon the ability and commitment to continued education and learning of the self.

Spiritual strength: Is ones commitment to personal values and virtues and the commitment to displaying them on a day-to-day basis. These virtues should be in the best interest of the self and of others. Respecting your own beliefs and accepting the beliefs of others.

Just like the athlete in Derek Sivers example you too must train yourself in all areas 90% of the time in order to achieve complete strength and perform when that 10% is calling you to do so. The good news is it’s easier than you think.
Close the gap

While studying at the Entheos academy for optimal living I came across a theory called the integrity gap. The integrity gap is the distance between what you are capable of and what you actually do.

**WHAT YOU ARE CAPABLE OF**

The what you are capable of line represents who, what, and where you desire to be in your life. Your health, your career, your relationships, etc... your optimal life.

The what you actually do line represents who, what, and where you are now. Your health, your career, your relationships, etc... your life right now.

The gap in-between the two is known as the integrity gap. It could be filled with excuses, broken promises to yourself and to others, and essentially not living the highest version of yourself or not living a life centered around your virtues. Anxiety, stress, depression, poor health, and general discontentment is found here. The bigger the gap the bigger the problems.

The key to keeping your gap from becoming the size of the grand canyon is to pursue living a life as your highest self. Your healthiest, your happiest, and by becoming aware of those things that keep you from everything you are truly capable of - Limitless possibilities.

Drugs, alcohol, television, unhealthy relationships, a job you hate, poor food choices, a sedentary lifestyle, excuses, poor financial decisions, are some of the ways we fill that gap. Some of these things might take up more space than others. You may have different fillers than your neighbor. The key is to become aware of some of the things that keep you from everything you are capable of. Once you discover what those space fillers are it’s important to play to your strengths. Which we covered [here](#).

Most importantly be honest with yourself. Assess your situation, where you are and where you want to be. Ask yourself these two questions.

**Do I want to make the necessary changes to close my gap? Am I capable of making these changes to close my gap?**
If you answer YES, keep reading - If you answer NO, you already probably stopped.

**A healthy you is a happy you is a productive, badass, energetic you**

When trying to close the gap it is best to take it one-step at a time. What area in your life contributes the gap the most? Or which area would you like to improve? It’s my opinion, and feel free to disagree that if we address our health concerns first other areas of our life start to round out into form as well.

As we get healthy we tend to have more energy, more confidence, more happiness, and are willing to try new things, take risks, and challenge life.

I suggest starting there.

**Step 1: Concentrate all your effort into that task** If you are trying to improve your health then try to improve your health. Forget another area you may want to improve as well. Totally commit to taking your health and well-being to the next level. Forget about looking for a new job, or saving for a rainy day. Put everything you have into becoming the healthiest person you can be. It’s hard to spread yourself out over different avenues and truly commit all of yourself into it.

Imagine getting married, having a baby, starting your own business, starting an exercise and nutrition program, buying your first house, all at the same time. Talk about stressful! Concentrate on one thing at a time. Get it to where you want it to be and then move to your next challenge.

**Step 2: Don’t exercise - TRAIN!** Now I’m taking this right from Shawn Phillips book “Strength For Life.” I loved the concept so much that I had to share it. Athlete’s don’t exercise, they train. But what’s the difference?

**Exercise:** Shawn calls it exercise without purpose. I can’t argue with that. Exercise is done because you think you should be doing it. It usually lacks intensity, goals, and more often than not is done because you feel that you NEED do it rather than wanting to do it. It’s usually not a lot of fun either.

**Training:** Has a distinct purpose. You usually want to do it, see value in it, you have goals, it is measurable, and often produces a state of flow.

The biggest difference between the two is the focus and purpose you have
when training as opposed to exercising. Whether at home, in the gym, or running some hills you are focused and have a purpose for why you are there doing it. You want specific results from your training.

When you are training you should have a plan and no exactly why you are doing what you are doing.

**Step 3: Focus, Focus, Focus** This piggybacks off of the exercise versus training step. But this extends to all avenues of your life. A lot of us to do a real good job talking the talk but when it comes down to it we don’t walk the walk. Going to the gym, buying healthy groceries, prepping for the week, and saying all the right things is all good and well but when it comes down to application can you handle it?

When you get to the gym do you have a plan and can you attack it with relentless intensity?

After you go grocery shopping for healthy foods can you commit to eating only those foods and not letting them go to waste while all the ice cream and peanut butter gets demolished?

**Step 4: Know your limits** Whoa dude... I thought this was a website about living without limits... that we are all limitless? What gives?

We all have an upper limit but that doesn’t mean the bar can’t be raised. Remember the first mile you ever ran in grade school? It probably wasn’t all that great of an experience and your time probably sucked. For those of you that Crossfit remember your first experience? It probably was miserable. And for those of you that have kids... were you a natural parent at first? I’m pretty sure the first time I tried to put a diaper on my nephew it ended up on his head.

The point is we get better. As we commit ourselves and give our full focus and attention and are dedicated to improving and learning... we will.

When jumping into a new exercise program or nutrition plan we tend to get a little excited and want to jump all-in and do everything at once. It’s best to just slow down. **Start with one thing at a time** and just focus on getting better in that area.

If nutrition is a weak point check to see if you are drinking calories. If you are, make it a goal to just drink water (or lemon water) for a week. If you accomplish that feat then move on to your next challenge. If Paleo is your thing instead of trying to kick out dairy, legumes, grains, and soy all at once just try one at a time.
If you haven’t exercised in a few years and are just getting back into it take’r easy. Doing six sets of everything and knocking out a 100 push-ups isn’t going to do you a ton of good. You’ll be sore as all get-up and might not be interested in feeling that way to often so who knows if you ever go back to it.

**Step 5: Don’t’ change yourself but instead transform** Again, this is right from Shawn’s book. I loved it so much that I had to include it as well.

Change is usually temporary while a transformation is permanent.

I hate to ask but how many of you have been in a relationship where someone has “changed.” Yeah, they probably “changed” a few times and I’m guessing you’re not with them anymore.

A diet is an example of a temporary change. The word diet in itself suggests a quick fix, short-term, and something you don’t anticipate doing for very long. But transforming your lifestyle is a life-long investment that you are dedicated to and know can do over the long-haul. A transformation is permanent, healthy, plays to your strengths.

So maybe we are wrong when we ask ourselves what we want to change... maybe we should ask ourselves what we want to transform.

**Find strength in yourself**

When it comes down to it there is no outside source that will provide you with the strength to achieve all of the things you want to achieve. It comes down to you.

*Are you capable of doing it and do you believe you truly can? I want to know. Comment below.*

Live limitless,

Justin

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**IF YOU FOUND THIS VALUABLE PLEASE SHARE THE LIMITLESS LOVE**
Get unrealistic to achieve the realistic

The man who waits till tomorrow to take the first step spends his entire life on one leg.

I’m a firm believer in making sure you set realistic goals in order to not feel overwhelmed or discouraged if things are not quite going your way. It’s easy to feel like this when you set massive goals for yourself. But every so often it’s not such a bad idea to get f-ing crazy. Sometimes it lights a fire under your ass that is necessary.

Get yourself unrealistic to achieve the realistic

Anyone who has ever done anything extraordinary in this world is first viewed as a little crazy. We may personally like them, think they’re pretty cool, might even be really good friends with them, nod our heads and smile when they tell us about their crazy ambitions, lucrative goals, and how they plan to accomplish them. But deep down you’re thinking... “man, this is one crazy bird, no way they can do that.”

That is of course until they do it. Then they’re just geniuses.

It might be hard to look back into history and think of some of those that have accomplished unbelievable things and see them as crazy now but back in their day they were viewed as nuts.

- **Emilia Earhart**: NUTS!
- **Martin Luther King Jr.**: CRAZY as all hell!
- **Jesse Owens**: LOCO!
- **Edmund Hillary & Tenzig Norgay (climb Mt. Everest in 1953)**: INSANE!
- **Muhammed Ali**: CRAY CRAY!
- **Gertrude Ederle (swims the english channel, 2 hours faster than anyone)**: NUT JOB!
- **Eleanor Roosevelt**: YUP, HER TOO!

However, lost marbles should be relegated to Tootles from Peter Pan. Anyone can lose their marbles. I highly suggest that you try it.

Get crazy! Right now!
Do you want to lose 30 pounds? You’re nuts!

Want to compete in a triathlon? F-ing crazy!

**Trying to go Paleo for 3 months?** You’ve lost it!

**Want to take a trip around the world?** No way nutzo!

**Warning:** If you embrace your crazy you’re going to be different. An outsider, not in line with the majority, marching to your own drummer, a rebel, a misfit, a trouble-maker. **STOP** reading now if that scare you.

**Why be unrealistic?**

Why be unrealistic? Because everyone else is scared to be, therefore there is less competition at the top.

True story here. There was a study conducted a few years back where researchers posted a job for a computer programmer. A job description was given and a salary set at around $40,000 per year. This job had thousands of applicants.

A few weeks later the same job was posted with the same exact job description the only thing that changed was the salary. It had been bumped up to $100,000 per year. Exactly 12 people applied for the job.

Why was that? Because now no one thought they were qualified enough. Everything stayed the same only the price tag changed. People thought they were not worthy of the $100,000 paycheck. Not quite experienced enough, not smart enough, not creative enough, and they thought to many other people would be gunning for the same job.

**So while everyone else is busy second-guessing themselves why don’t you grow a pair and go for it!**

Set your sights high. Be bold. **Never give up.**

Martin Luther King fought the good fight for civil rights for years.

**Dan Jansen** persevered and never gave up even after failing in three previous Olympics.

Wether your goal is to lose 50 pounds, dead lift 500, ride a bull, or swim across Lake Michigan. You first have to **see yourself worthy** of the the
accomplishment before achieving it. You are... trust me.

The results are in the payoff

If the potential payoff is mediocre or average, so is your effort. I’ll run through walls to get a catamaran trip through the Greek islands, but I might not change my brand of cereal for a weekend trip through Columbus, Ohio. -Tim Ferris

Setting goals you initially think are unattainable is a great way to keep you motivated. Bigger risk, bigger reward. And if those rewards really mean a lot to us our motivation will remain high. But it’s important to keep patience in mind. Big goals usually are not achieved over night. You’ll have to educate, take action, reflect, and rinse and repeat.

There will surely be a lot of trial and error. Some mishaps and some success. The most important thing to remember is to pay attention and take notice of what is going on. Awareness in anything is a pivotal determinate to success. If you are trying to lose some body fat and have hit a plateau and the only thing you do is complain about how your routine and diet is not working the only thing you are accomplishing is complaining.

Take notice, did you go over board a couple of times the past few weekends? Skipping a couple sprint workouts? Convinced yourself that you’ve done so well that a little ice cream here and there isn’t going to hurt.

What can you do to step up your game? Tighten up the nutrition a bit, make sure you are eating the right kinds of carbs, or maybe add an extra day of training or play to your routine.

Never lose sight. Constantly ask yourself is this MY goal? Am I doing this for myself? Am I committing myself 100% and do I see myself conquering my goal?

Don’t let the nay-sayers get you down

Realistic people do not accomplish the extraordinary. They’re to busy following the status quo. So while you’re trying to achieve great things look at who is trying to convenience you that it is “impossible” and all your efforts are for not. Chances are they’ve never taken a risk in their life. If you want to obtain the unimaginable then spend time with those that have done it? Share your thoughts with them. Feed of that energy and
experience. If you want to learn how to bake you wouldn’t go to a dentist would you? Of course not. Why do it here?

Realize the stakes are not actually that high

Ever wad up a piece of paper and chuck it half way across the room into a tiny little trash bin? Then someone says, “Hey, I bet you twenty bucks you can’t do that again.”

Or better yet, I’m sure most of us played sports or an instrument growing up. Practicing all the time. Playing in regular season games or performing in front of families members at home. You’re perfect, put on a show, even you admit to yourself that you did an outstanding job.

Then all of a sudden it’s time to perform on the big stage. The championship game, a big recital or showcase. You’re like a deer in headlights, you freeze up, nerves kick in, you feel like you might barf everywhere.

So what’s the issue? Nothing has changed. All you are doing is performing the same song, stepping up to the same plate and playing in the same type of game.

The stakes have changed. That’s what happened. The performance you just nailed in front of your family one week before or the great game you just had totally slips your mind. You’ve lost all confidence in yourself.

Anxiety is a heightened state of performance. All that angst is actually your body telling you to let this BEAST OUT! I’m ready to roll baby! All you have to do is let it.

Simply trust in yourself. Nothing has changed. It’s the same song, the same game, and you’re the same person that just dominated it days before. TRUST in your abilities.

Ever heard of the secret?

I’m sure most of you have heard of the book “The Secret” or are familiar with the Law Of Attraction. I’m all for positive thinking but my good buddy Jacob Sokol put it best. “The only thing sitting in your room all day having positive thoughts will get you is some good B.O and an empty stomach.”

Take that positive thought and put it into positive action.
Martin Luther King JR didn’t just think sit in his room thinking about how nice it would be once his dream was achieved. He got off his ass and made it happen. He told people he had a dream and then played it out in front of everyone to see.

If you want put on 20 pounds of muscle looking at a picture of Ryan Reynolds (man crush) all day isn’t going to do it for you.

If you want to lose 20 pounds but you’re eating a donut right now and drinking chocolate milk while reading about “how to lose those last 20 pounds” instead of munching on some real food, picking up some weights and getting in your interval training on, chances are it’s not going to happen.

**What do you want to achieve?**

This is everything I have ever thought was unrealistic (fill in the blank)

* *

* *

And this is how I plan to f@#*ing do it! (fill in the blank)

* *

* *

Live limitless,

Justin
I’m 32, Sh*t! 32 things I wish I would have known earlier

Do I have any regrets? I address that in the link provided but aside from that, you bet your sweet ass I do. But I’ve learned that regrets are simply times in our past that we wish we would have made a different decision. So as I look back now I think of them as divine learning experiences. Instances and circumstances throughout life that is unique to me. You probably have many of them as well - and I’m sure we have some similar ones. But just like my regrets are unique to me, yours are unique to you because our reactions to them were most certainly different.

Looking back here are 32 things I wish I would have known earlier. Feel free to agree or disagree, that’s what makes the world go round.

1. **School is a passive learning experience.** I was never captured by the material I was supposed to be learning and in turn sat in class waiting for time to tick by. The emphasis is on regurgitating “correct” answers to test questions, which leads to students searching for only answers and never really understanding how or why they exist.

Concepts, facts, and procedures are prioritized and problem solving strategies, goal setting, strategic planning, and exploration into multiple ways to get to an outcome are often ignored. I’m hoping the educational system emphasizes more real world situations in the future like learning how to problem solve with others.

2. **If you want to become an expert at something, read, read, and read some more.** Go to amazon, search the subject you are interested in and read the top 5 selling books on the subject. You just bought yourself a 60,000-dollar education for less than $100 bucks.

3. **Find a mentor - Have something to offer them.** Who is someone you admire? Contact them, it’s easier than you think. Most people have a blog or an email address that is easy to find. Don’t ask them for anything, use your unique skills to offer them something they can’t do themselves, research that persons background, have work related to them ready to roll out.

4. **Music is a powerful thing. Start your day singing and dancing in the shower.** I don’t know of anything that can captivate your emotions or mood in such a dramatic way. I’ve cried out of nowhere listening to a
The song because it brought back a memory, danced in the shower and changed a bad mood into a good one listening to some fresh beats. Make a playlist, start your day with it. Keep it with you in times of need.

5. **Instead of concentrating on making more money, start spending less.** You can’t make more money in an instant but you can start spending less. Sell stuff, cancel cable or memberships, and stop buying coffee everyday. Take a month and write down everything.... EVERYTHING you purchase. It will open your eyes.

6. **Sleep. No rest for the weary is complete bullish*t** Sleep 3-4 hours a night on average for a month and let me know how your mood is and how effective you are. Any parents out there with babies? I’m sure you can relate.

7. **Learn healthy habits as early as possible** The sooner you can develop exercise and healthy eating habits the better. It makes it easier as you age - they become as simple as tying your shoe. Thank you Mom and Dad :)

8. **Don’t try or pretend to have no fear. Instead practice being courageous.** Fear isn’t going away anytime soon. You’ll always be afraid of something. Instead of trying to have no fear, practice courage instead. Start small and build up to the big challenges.

9. **That guy or girl you are thinking about, just ask them out. Worst case scenario is they say no.** I repeat. The worst-case scenario is that they’ll say no. Offer to take them out for wine... everyone loves booze :)

10. **The secret to happiness is found in a book:** My hip hop loving broth Jacob turned me on to Sonja Lyubomirsky and her book “The How of Happiness.” If you are interested in being happier buy her book follow her 12 tips.

   - **Counting your blessings:** Expressing gratitude for what you have (either privately – through contemplation or journaling – or to a close other) or conveying your appreciation to one or more individuals whom you’ve never properly thanked.
   - **Cultivating optimism:** Keeping a journal in which you imagine and write about the best possible future for yourself, or practicing to look at the bright side of every situation.
   - **Avoiding over thinking and social comparison:** Using strategies (such as distraction) to cut down on how often you dwell on your problems and compare yourself to others.
• **Practicing acts of kindness:** Doing good things for others, whether friends or strangers, either directly or anonymously, either spontaneously or planned.

• **Nurturing Relationships:** Picking a relationship in need of strengthening, and investing time and energy in healing, cultivating, affirming, and enjoying it.

• **Doing more activities that truly engage you:** Increasing the number of experiences at home and work in which you “lose” yourself, which are challenging and absorbing.

• **Replaying and savoring life’s joys:** Paying close attention, taking delight, and going over life’s momentary pleasures and wonders – through thinking, writing, drawing, or sharing with another.

• **Committing to your goals:** Picking one, two, or three significant goals that are meaningful to you and devoting time and effort to pursuing them.

• **Developing strategies for coping:** Practicing ways to endure or surmount a recent stress, hardship, or trauma.

• **Learning to forgive:** Keeping a journal or writing a letter in which you work on letting go of anger and resentment towards one or more individuals who have hurt or wronged you.

• **Practicing religion and spirituality:** Becoming more involved in your church, temple, or mosque, or reading and pondering spiritually themed books.

• **Taking care of your body:** Engaging in physical activity, meditating, and smiling and laughing.

11. **Combine your passions, holding yourself to one specific thing is a tragedy.** You probably are passionate about many things. To restrict yourself to one is a crime.

12. **Meditation is highly underrated. Practice it early and often.** Want to improve your attention, creativity, lower stress, reduce depression, feel more rested, and increase your energy. Not to mention some of the most successful people in the world practice it daily.

13. **Instead of searching for the right answers, start asking better questions.** You’ll create clarity, challenge assumptions, and Inspire yourself and others to think in unconventional ways. Here’s three to get you started.

  • What can I learn from this?
  • Do I have any past experiences I can draw from?
  • Is it worth it, and am I capable of it?
14. When you tell someone you love them look always look them in the eyes, let them be the first to look away. It goes a long way. Try it now.

15. Live your life like you are writing your eulogy. Always be thinking about how you want to be remembered. Our lives truly are a book with blank pages. You have the ability to write anything you want. Tell a great a story.

16. There is an opportunity to give back around every corner. Do so often. I’ve never met a person that has regretted giving back to others. Buy the guy behind you his coffee, offer to babysit for your married friends. Seek ways to give.

17. Practice gratitude every day. I’m guilty of taking things for granted. Develop awareness by practicing gratitude. It has been proven time and time again to enhance your quality of life.

18. Time is relative. You do not need to do anything by a certain age or time. Finishing school, getting married, finding a job, retiring at a certain age is nonsense. You’re driving the car, go as fast or slow as you see fit. Don’t believe me, here.

19. Don’t text message so much, make phone calls. Don’t email so much, write letters. Don’t conduct virtual meetings, meet face to face when possible. We live in an age that is increasingly getting less and less personal. There is something to be said for truly connecting with someone. These small acts go a long way.

20. Never take away someone’s hope. It may be all that they have. Shame on me and you if we do.

21. Keep a pen, piece of gum, and twenty bucks on you at all times. Great ideas come at the most random times, someone always is looking for a piece of gum, and twenty bucks can get you in and out of a lot of trouble :)

22. Become a superhero at least once. Even if for only a minute. It’s the relentless pursuit of a better world in which everyone involved is proud of. Superhero’s never blame other people, their job, or their circumstances. They believe outside forces are not the things that hold us back but the only thing that can do that is YOU.
23. Everything you do is customer service. Be good at it. #Truth

24. If you achieve a goal - savor it but soon after ask yourself this. What’s next?

25. Eat lunch with a complete stranger. Talk only about them. Everyone has a story to tell. Take time to listen. You never know what you might learn.

26. If you exchange words with someone ask them their name. Not just their first but their last as well. Shake hands, look them in the eye, and smile. This goes for everyone you meet. I just broke my foot last night. Doreen wrapped my leg, Bruce took my x-rays, and the couple next to me, Mr and Mrs Dixon suggested that I ask for the good drugs :) Connecting with as many people as possible is a good thing. It’s the main reason I write.

27. Get comfortable with change. Death and taxes are not the only guarantees in life. Change is. You are constantly evolving. Mind, body, and spirit.

28. Baby steps are cool but... Baby steps are cool and lead to long lasting change - but their is nothing better than a gigantic accomplishment to tickle your fancy.

29. As you get older take the time you spend with children as a learning experience. They can teach us a thing or two. Spend the afternoon with a four year old - act like one yourself. Report back to me with how you feel.

30. Everything you do matters. Write this down and carry it with you ALWAYS.

31. Never stop believing you are capable of great things. The minute you do the Universe gives up on you. Keep believing. You will be rewarded.

32. Life is not a competition.

I think many consider life to be similar to the game of Risk, where the object is “World Domination.” World domination here is defined by taking over territories and eliminating all the other players. Funny thing about the game is if you win you are left with the brief satisfaction of “THE WIN” but then you soon realize you are all alone in your territories because you eliminated everyone else.
I’ve realized that this great journey known as life is less of a game of competition and more of a game of solidarity. Solidarity being the unity and agreement of individuals in pursuit of a common interest. That interest in this case is HAPPINESS. I don’t know one person that doesn’t want to be happy. It is the one common idea that we can call agree upon.

**The currency of life if you will.**

Everything we do revolves around it. We buy things, nice cars, big houses, and fancy gadgets not for their functionality. That being to get us from point A to point B, to provide a roof over our head and for shelter. But because we tend to think that the bigger and better will bring us more happiness.

I want to express that this is not a cry to live life as a minimalist or without possessions. It is just to generate thought and awareness about why we are doing what we are doing. Why we eat the way we eat, work the job we currently work, drive the car we currently drive, and live life the way we currently live it.

Live limitless,

Justin

**What are some lessons you have learned over the course of your years?**
Do you. Four ways to improve yourself in all aspects right now

Book 5 in the quest for 52 in 52. I got into a little Don Miguel Ruiz and “The 4 agreements.” Everything I am reading I try to apply to life as well as health and wellness. It shouldn’t be much of a surprise to anyone by now that I am a bit of a philosophy junkie. I just love the way the readings get your brain wired.

One of the major themes in the book is sin. Not necessarily as defined by religion. Sin in this sense has more to do with not being true to yourself or going against your virtues than it does with being “evil.”

Be impeccable with our word

When looking at sin this way it forces us to examine the decisions we make on a daily basis. Are we following through with what we say? Are we living life up to our expectations or are we letting others dictate what we do. Are we telling ourselves we will start eating healthier only to go pick up some ice cream the very next day? Are we starting our workout on “monday” but then tell ourselves we just don’t have the time? Are we saying we need a vacation and then turning around only to accept another project at work?

Essentially what you put out you will get in return. If you say one thing and do the opposite you will continue to spin your wheels in a world of frustration. Always being disappointed with yourself for not following through and never making any real progress towards your goals, aspirations, and destiny.

We need to live with more integrity.

1. Be who you are at all times. Be true to yourself. Make decision based upon your ideas of your perfect life. If you are not sure what exactly your perfect life is I suggest making a list of the qualities you think are important in a person. Are you living with these qualities?

2. Do what you say. If you tell someone you will meet them for coffee at noon then be there. We all can get caught up in trying to make everyone happy. We turn into “yes” men and women. Taking on way too much. Before we know it we are a bit over-whelmed and we start having to bail on obligations we committed to or we end up doing a sub par job. Take the
time to think things over and ask yourself if the decision you are about to make is in line with the person you aspire to be.

Are you being honest with yourself about your health? Are you being honest with others? How many exercise plans or diets have you started on “Monday.” Start now. Your next meal can be healthier; you can go on a jog right now or knock out a few push-ups.

The word Integrity stems from Latin meaning “whole or complete.” When you tell yourself or others what you plan to do; complete it. Follow through.

**Don’t take things personally**

Ever feel like you are walking on eggshells because you don’t want to rock the boat, upset someone, or be in the minority?

And when the hell did we all become so sensitive and when did the opinions and actions of others dictate our own actions?

If you look around the world is pretty inconsistent in its decisions. No one can make up their mind and no one seems to have any opinions of their own.

It’s never more prevalent with health and fitness. Like we’ve said here before on this site. Eggs are bad for you one week - good for you the next, Heavy back squats are bad for your knees - now they strengthen them. It’s crazy, we believe everything we see, hear, or read.

The point is, don’t take things so personally. Seems like no one can make up their mind anyhow. What we feel, say, or do one moment seems to change in an instant.

Nothing others do is because of you. Their actions, words, and thoughts are based upon their own reality. The stage of their life they are in right now.

If someone gives you a weird look because of your newfound healthier food choices it is because they are not really comfortable with theirs. When you are going against the grain, trying to improve yourself, or learning outside of the box you will face some heat. When you have beliefs, habits, or a lifestyle that goes against the status quo people get scared and feel the need to defend themselves.

Why bring on any more conflict, anger, or resentment. Let them voice their opinion. It essentially has nothing to do with what you are doing. Just keep doing your thing.... chicken wing!
Absolutely, positively, NO assumptions

If you want to know something, go figure it out. Question everything, Learn and then keeping learning more. Never take anything for face value. Even things you read on this blog. Research and educate yourself... CONSTANTLY.

With assumptions we think we know what others are feeling. How many times have you had a conversation with a friend and they’re complaining about how their significant other didn’t do this, or doesn’t do that, or forgot something?

You then ask, “Well did you tell them this.”

Their response, “Yeah, sort of....”

Communicate with others clearly. Tell them EXACTLY what you are feeling. If you are sad, misunderstood, happy, excited, upset, tired, frustrated, explain it.

If you want some help doing something, ask them. Don’t just assume they should know to help.

If you are upset and someone asks you what is wrong, tell them. Don’t just say you are fine and assume they should know.

Same goes for you health and nutrition. Don’t just assume that one diet is better than the next. One-way to workout is optimal over another.

The biggest problem with assumptions is that we actually believe them to be true.

That what you read in one magazine is truer than what you read in another.

Don’t be afraid to ask for help. To ask questions. Stop filling in the blanks.

If you don’t understand something there is no need to be embarrassed. Just ask for clarification and keep asking until it makes perfect sense to you.

Lastly, don’t assume that one workout or one way to eat will work for you because it worked for someone else. We all have a different make up. We respond differently to foods, exercise routines, sleep. It may take a little time to figure out what you respond best to but it will be well worth it once you figure it out.
Keep exploring the world around you. Try everything and figure out what floats your boat!

**Do your best... ALWAYS**

Simple.

Always give it your best regardless of the situation you are in. This will vary from time to time. You may be sick one day, sleep deprived, maybe missed a meal or two. But regardless, give it a solid effort. Those times when you are really not feeling it will be the most rewarding, especially if you are putting forth a heck of an effort for the good of someone else. It will really go a long way.

Be as helpful as possible; always. Do your best without expecting any reward.

This goes with your training and nutrition. Be consistent with your exercise. Train hard. Give it your best. Make smart food choices. Do it because you know it is better for you then sitting on the couch eating a bowl of cereal and sipping on Yoo-hoo.

Don’t expect a reward. If you lose some body fat, that’s a bonus. If your dead lift goes up 10 pounds then that is a bonus. Do your best because you actually believe in what you are doing and that it benefits you not only right now but in the long run as well.

How many have started a nutrition plan only to mess up a few days or weeks into it and then everything goes to shit?! You are off the wagon and you just give up. Or you lose a few pounds the first week, stall the next couple of weeks and just quit because you get frustrated? Just keep doing your best. Some days will be better than others. Just keep grind’n.

So what if you didn’t lose a pound this week. Did you get in all your scheduled workouts in? We’re 90% of your meals aligned with your nutrition plan? Did you try something new like paddle boarding and bond with some friends you may have lost touch with?

Focus on the effort you put forth.

**Last but not least**

A very strong will is needed to achieve these four tasks. It is going to take practice. Most good things do. You didn’t exit the womb walking did you?
Nope, you had to wiggle a bit, then crawl, then walk. It takes time, it will be a struggle, but in the end you will be better off for it both physically and mentally.

“EVERY ACCOMPLISHMENT STARTS WITH THE DECISION TO TRY”

Live Limitless,

Justin

IF YOU FOUND THIS VALUABLE PLEASE SHARE THE LIMITLESS LOVE
80% of your results come from 20% of your efforts

I just finished my first book in my quest for 52 books in 52 weeks. *The 80/20 Principle*: The secret to achieve more with less.

To give you the down low, the premise is about how we get 80% of our results come from 20% of our efforts. If we expand on the 20% that is most productive and effective while putting less emphasis on the 80% that is not we can essentially get more done, be happier doing it, and create more time for the important things that make us come alive.

This post is focused on Time management, $$$, and health. Why you ask... well because I said so... just play'n.

From my experience I have found that those are the three most important areas to apply 80/20.

Warning... this is a long post but you may never be the same after reading it.

**The nuts and bolts of 80/20**

Key take away from the book are this.

Simplicity is genius

Simplify things to accomplish more. Work less by freeing yourself of marginal activities that contribute little to the bottom line, your happiness, your goals, and your lifestyle. Pursue activities, work, and relationships that are consistent with the lifestyle you want to live.

- Don’t try to raise the average. Emphasize the exceptional and concentrate on growing it.
- Pursue excellence in a few areas rather than mediocrity or competence in many.
- Out-source non productive activities.
- Do the things you love to do and the things you do well.
- Make the most of the moments where everything seems to fall into place and complete bliss is found.

While I agree with most of the principles I do think there is room to play with it a little.
I don’t want to make this a book report so let’s put this stuff into action and make it happen shall we?

**Decide who you want to be**

To live a life full of limitless possibilities we need to concentrate on time management, goal setting, relationships, money or finances, and our health and well being.

In the words of Dilated Peoples “First things first, my people’s come first.” Or in this case, YOU come first.

That’s right. Be selfish as all get-up right now. Who do you want to be? What do you want your life to look like? Be specific here. How can you ever get somewhere if you don’t even know the destination?

Do you want more money?

Personal freedom?

Better health?

A six-pack? And no... Not beer.

Never to wake up to an alarm clock?

The more specific you can get the better. Sit down and write out what you want a day to look like for yourself. From the time you get up to the time you go to sleep. How can you build your life around that goal?

Is your job inline with those ideas? Is your health? Are your relationships and the people you spend your time with?

How can you align your life so that you are doing the things that make you feel good 80% of the time?

**Time management**

Getting more shit done in less time is vital when it comes to living your life according to your values. A few key things to focus on when trying to juggle your time and your pursuits.

1. Effort + more effort does not = more rewards: I’m not saying to not work hard. I value hard work. What I am saying is that working more does not mean that you deserve more, should expect greater rewards, or make
you a better person. Concentrate on **quality not quantity**. Quit participating in time wasters. Checking email every 5 minutes or yapping on the phone with your body while at the gym for example.

If you are working out and pinched for time focus on the biggest bang for your buck. Big lifts that burn the most calories and hit the most muscles. No curls for the girls please. **Dead-lift, squat, push-ups, pull-ups, presses**, and run really really fast!

No time to make a meal? Well cook in batches bitc*’s (well I thought it was funny). Most of us are in a rush in the morning or just plain lazy at night. Take one to two days a week and cook up all your meals for the week. Spend sunday preparing meals from Monday, Tuesday, and Wednesday. Then take Wednesday to do the same for Thursday and Friday. Relax on Saturday and just see where the day takes you.

2. **Get rid of convention.** Remember your mom asking you this “If everyone else jumped off a bridge would you?”

Dude, Momma-dukes was right!

Forge your own path. Just because everyone else is bull shitting around the water cooler, staying out late for drinks, or working hours on end in a gig they hate doesn’t mean you have to.

I always hear “I had friends in-town, family was over, or I didn’t have time to get something healthy.” Stop making excuses and start accepting responsibility. Tell them why you are eating healthy, educate them on the importance, ask for their support.

Make time for the important things and get rid of those that are not. It’s your life. Start living the way you want to and not for someone else.

**80/20 your dolla dolla bills ya’ll**

Most people believe they need more in order to do the things they want to do. In reality it’s not more money that they need it’s less spending.

Is it more important for you to take that trip to Thailand or buy that new flat screen TV? Get real with your spending habits. Where are you wasting money and what can you sell of yours that you can get you more.

Do you have any memberships or subscriptions you pay for each month but don’t even use?
Get healthy and bike or walk to the store instead of wasting gas?

Workout at home instead of at the gym to save.

It’s all about priorities.

I recently put my TV or Craigslist. I realized working on this site, learning how to salsa, reading, and being more active were more important to me. What junk can you get rid of to earn some extra dough to pursue some amazing adventures?

Here are some fantastic resources that can help you out. I’m definitely not a financial expert but these guys have it down.

Adam Baker (Man versus Debt)

Caleb Wojick

Wisebread

Take a good hard look at your expenses. Here is an example of mine. I plan on selling my truck to eliminate that insane gas cost each month, cancel a few memberships I have, and get rid of cable now that I don’t have a TV :D

I’ll do the math for you. That right there is almost $600 I can save each month, $600 that do not contribute to any new experiences. Do you know what you can do with $600 bucks.... yeah, a lot! (Note: Motorcycle will be bought but I’ll still be able to sit on a few grand after the truck is gone.)

Visit this site if you want to fill out your own dreamline. Plus there are a ton of other sweet resources.

80/20 Nutrition, Fitness, and You

Lets 80/20 the heck out of our nutrition, workouts, and ourselves to dominate and look good naked doing so.

If you are new here you might not know I am a big fan of the Paleo diet. With that said I don’t make it a religion. For MOST if you are able to stick to the principles (cough, download my free e-book, cough) 80-90% of the time your body, energy, and blood work will be fantastic.

Wheat, sugar, and industrial seed oils should be completely eliminated from our diets. They are extremely poisonous and toxic to our bodies. In that link I provided Chris explains through research that wheat, sugar, and
industrial seed oils lead to the following.

- Heart disease
- Autoimmune disease
- Obesity
- Diabetes
- Digestive disorders

That’s just to name a few. With that said, some non-Paleo foods are worse than others. There is a place in our diets for dairy and various kefir containing foods which can help with digestion, bone health, and the immune system.

Legumes, nightshades, and even properly soaked grains can have a place in your diet. It’s ok to ease up every once in a while. There is too much research out there to imply that there is such a thing as a «one size fits all» approach to eating.

Let’s look at it this way. If you feel great, are happy with the way you look, and all of your blood tests, cholesterol, and vitals come back good to go then keep doing what you’re doing. But if you can’t digest a thing, are not happy with your body composition, have terrible allergies, diabetes, or any of the fore mentioned disorders then a strict Paleo plan may be for you.

I don’t want to harp on it but I will. Nutrition is 80% of the battle when it comes to your health. Think of it like this.

Let’s say you workout 5 out of 7 days a week. I’m assuming you probably eat 4-5 meals or snacks a day. So that’s about 28-35 meals/snacks a week (see what grad school did for me). It doesn’t take much to see that you have 28-35 opportunities to change your body through nutrition where as you only have 5 to do it through exercise.

If you want to make dramatic and long-lasting changes in health and wellness then make sure to be consistent with your workouts but put your emphasis on good nutrition.

That’s it

80/20 is just a general guideline. There is no need to wrap yourself around the numbers. The importance of it is to get you to think about the person you want to be and the lifestyle you want to live.

The results you are achieving are the truest indicator of what it is you
are doing. If you are not working out and having Twinkies and coke for breakfast than the results will show. If you are buying every new gadget and not being frugal with your cash than that will impact you as well.

Pick an area in your life where you feel you just are not living up to your expectations, health, career, relationships, whatever that may be.

Are you focusing on the 20% that produce the 80% or is it the other way around?

**If you need some help 80/20 your life just give me a shout. Or if you have already applied some of these techniques I’d love to hear about it.**

Live limitless,

Justin
Fear and loathing but not in Las Vegas (Part 1)

Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover. - Mark Twain

I’m not going to sit here and tell you to be fearless. Fearlessness is just not possible and it actually will do more harm than good. Fear can be a positive in our life. It keeps us from walking into oncoming traffic, from touching a hot stove; it makes you take the long way home instead of the short cut to avoid a bully that has been giving you a hard time.

Fear can also control us. Keeping us from pursuing our dreams, asking out that girl, venturing on a big trip around the world, or learning a new language.

As mentioned above listening to our fears can be beneficial by keeping us from getting hurt. Those examples address real limitations. We physically can not touch a hot stove without getting burned. We can not walk into oncoming traffic without getting hit by a car. We are excepting out limitations. Which in this case is a good thing.

But why is it that we set personal limits on areas of our life-like holding onto a job that we find no passion for, not approaching that guy or girl in Starbucks we could not stop staring at, or selling some of our junk and ponying up for a life altering trip around the world?

Simple. We are scared, comfortable, and content. We feel like things are “just good enough.” Afraid to pursue what we know in our hearts is better and more meaningful for us in favor of the safe and mundane.

We do not believe or have enough confidence in ourselves to understand that we have the strength to pick up the pieces if things breakdown. We believe that we are not smart enough to figure out how to put those pieces back together. We do not want to deal with any embarrassment, ridicule, or shame that may come along with that failure. So much personal doubt and belief in our own inadequacies inhibits us from finding true success.

WARNING... the following post will make you think.
How do fear and limits work?

1. Giving ourselves personal limitations provides us with a sense of control. It lets us feel like we are defining who we are, what we are capable of and allows us to have excuses for why or why not we should or could do certain things. The unknown is scary. By defining our limitations we are creating a sense of identity or “knowing” of who we are. But really what we are doing is inhibiting ourselves from growing, not experiencing, and not challenging our soul.

2. Fear and personal limitations keep us from having to change or evolve. Change and evolution can be a difficult and painful process. We may have to move on without certain people in our lives or switch career to pursue a more meaningful passion.

3. Dr. Travis Fox describes fear and limitations as allowing us to judge others while actually not participating in the “game” ourselves. We stand on the sideline and point fingers while others are living.

How do we address limits?

To overcome our personal limitations we first need to figure out what they are. This will be different for everyone. But take a moment and think about the following.

1. Past failures: What have you failed at in your past? Why did you not try again? How bad was it actually? How did you overcome it?

2. Who am I right now? Who do I want to be? What do I want to do?: What are you good at, what do you know, and what are you passionate about. How can you revolve your life around those things and share with the people around you. Don’t just sit down and create a 1,000-time bucket list. Most of the time those lists have generic thoughts of things we “think” we want or “should” experience based upon the opinions of others. What creates emotion in you? If you do not want to travel than a trip to Argentina should not be on your list. But if you love to read than taking in a book a week maybe should. Take a day and write things down. Just keep writing. Anything thing you write that gives you goose bumps, makes you laugh, or makes you cry should be something you take a good hard look at.

3. Think of a time you were afraid but went after it anyway. Why? What was the reason?
4. **Think of the worse case scenario.** How likely is that to occur, really? Think of what is worse, failing at your dream job or the temporary job you have now? Is it worth it to fail in a relationship with your dream guy or girl or settle with a relationship that is ok and safe?

5. **Address what is REALLY holding you back:** Are you not learning how to surf because you are over weight and afraid to take of your shirt at the beach? Are you not going to the gym because you are not sure where to start and don’t want to be judged?

**Let fear be your guide**

How many of us right now are doing something that really makes us come alive? Why are you not doing it?

Accept that the path we are on is ever changing and constantly evolving. There will always be fear, if not this one than a new one. Excuses are fears best friend.

Take a look at your fears, your limits. Who are you now? Who will you be after you dominate them? How good will it feel?

Like most things in life tackling personal limitations is all about creating positive habits. Once we have established a means for addressing them it get easier and easier to duplicate that process. Smashing one fear can lead to the confidence and belief that we can smash another, and another, and…. well you get the drift. A G.D. snowball effect.

Why wait...

Stay tuned for part 2:

Sometimes the only way is jumping. I hope you’re not afraid of heights

- **Gavin DeGraw**

Live limitless,

J to the M.
Fear and loathing but not in Las Vegas (Part 2)

So we left off with tackling our personal limits by building positive habits. That’s great and all but how the hell do we go about it?

Build the faith

In order to tackle out greatest fears we need to build the faith in ourselves that we can actually do it!

Think about it like this. Why do you agree to get in an airplane to fly cross-country? Because you have faith that it’s not going to crash (I apologize to any one flying the next couple days. I hope I did not scare the ba-jesus out of you.) It has been instilled in us that flying in an airplane for the most part is a very safe method to get from one place to another.

Chances are you have flown a few times before and returned safely. You have added to that faith and built up the confidence to keep doing it.

We need to approach our fears in the same way, to build the faith that we can conquer them. To up our confidence quotient so that we believe we are capable of achieving great things and conquering difficult obstacles.

Overcome the fear to try

Don’t get caught up in whether or not you are successful in overcoming your fear (unless it’s sky-diving, then you’ll want to make sure you are successful :D ) focus your energy on the fear of just trying. If all of your thoughts are stuck on whether or not you will be successful chances are you’ll never get started.

So much effort will be wasted on making sure things are perfect, the right time, right situation, the right resources. It’s ok to fail. The most important thing is to just try! You build confidence by succeeding but that soon dwindles. The process of actually trying educates us, teaches us how to pursue other fears and aspirations. You learn the process for doing more and being more.

You have to give yourself the chance to fail. If you don’t, you are never really giving yourself a real shot to succeed. So just get started! Educate and learn as the process is evolving in front of you.
Fears in a nutshell

Through my research I have found that fears are rooted deeply into 14 principles:

Disease/poor health losing our job death loneliness uncertainty/the future failure making decisions conflict rejection stupidity losing relationships public speaking being poor success

This can be simplified a bit more into 7 main categories.

1. The fear of experience: Experience requires us to try new things, to feel a rush of different emotions, sensations, physical limitations, mental limitations. Trying new experiences creates uncertainty and pushes out of our comfort zone. We may longer feel “safe” or in control of our emotions or ourselves.

2. The fear of isolation: Being by ourselves scares the shit out of a lot of people. Being by ourselves releases the distraction of the world around us and gives us a chance to really become conscious about who we are. Society is so busy now, so many distractions. Our cell phones, TV, friends, work. We never get a chance to get into our own head because it is constantly moving from one distraction to the next. Being alone calms everything down and forces us to actually get to know ourselves.

A few years ago I took a trip around the world for 2 months alone. It was one of the biggest personal challenges of my life. Not for the fact that I was in various countries all by my lonesome but more so because it forced me to think about who I really was as a person and what I really wanted out of life.

3. The fear of vulnerability: Sharing ourselves with others can be terrifying. Opening up to someone with who you truly are can leave you to be hurt, ridiculed, judged, betrayed. But not doing so can leave you to never experience complete joy, love, compassion, and intimacy. It’s a real catch 22. I know many of us, myself included have created a false identity of who we are just to avoid putting yourself out there.

4. The fear of responsibility: It’s easier to blame others and to avoid taking responsibilities for our own actions and the consequences of those actions. This requires us to take a good look at what we really want and who we really want to be. Not only to discover how our decisions will impact us but others around us as well.
5. **The fear of identity:** It’s hard to get to a point when we realize we are not who we thought we were. Or maybe to realize we have changed and have to values, goals, or dreams. How can we reinvent ourselves, where to we start? It may force us to reevaluate relationships, our career, our passions.

6. **The fear of success:** When you put yourself out there to achieve great success you can often open up your mind to the possibility of failure. Some of us are afraid of the humiliation of failure, being judged, the reevaluation of our abilities. Others of us are afraid of success. If we actually succeed we may have to actually keep up with it. More expectations, more challenges, more opportunities to fail. I know personally the fear of actually succeeding as buried me, kept me from pursuing certain aspirations. This blog was one of them. If people actually read it I will have to continue delivering solid content... can you hear that... it’s the worlds smallest violin playing just for me.

7. **The fear of impermanence:** This sums up all of the fears into one. The fear that everything around us is constantly evolving, changing, and forcing the issue of uncertainty and challenge. This is why we constantly seek safety, certainty, comfortably. The easy road is the one most often traveled. A path to follow has been imprinted by the many footsteps that have led the way.

There are many ways to get through the woods. Some paths we find will be open and easy to navigate. Others will be filled with obstacles, thorns, and challenges that will force us to expand our physical and mental capabilities.

Finding your own path can be difficult. You are bigger than fear, always have been, always will be.


**Build the habit of crushing your fears**

So many different ways to attack your limitations and fears but the most important thing is to just frick’n start! Take action now!

**30 days:** Tackle smaller fears and limitations for 30 days. If you get overwhelmed easy and your mind can become a cluster-f@#$ causing anxiety. Try a personal challenge of meditation for 30 days. Do you want to lose weight. Try exercising for 30 straight days. That might seem crazy but you don’t have to go all out. Just get yourself moving a bit. Build the habit of getting to the gym, or walking your dog outside every day.
Put a timetable on it: Give yourself a timetable to decimate a fear or limit. This makes it a little more real. Instead of just throwing down skydiving on to your “bucket list.” Actually say that you will go skydiving by a certain date. Turn it into a giant poster and hang it up in your room where it will serve as a reminder everyday. Try and keep it short-term, 1-3 months tops.

Ask for help: Bigger long-term fears and limitations may require you to command the services of someone who has been there and done that. Find a mentor, educate yourself through reading, and spend more time around those that are doing it. If you want to quit your job and start your own business contact those that are doing it. Hang out with entrepreneurs. It will rub off on you. Plus you’ll have some badass connections.

Document it or share in it: I believe that documenting it serves as gigantic motivating tool. Being able to read, look back at pictures or videos, or talking about it with someone else that did it with you is highly motivational. It’s sort of like a campfire that might be dwindling out a bit but then you toss a little lighter fluid onto it and it heats back up. Heck, you can contact me and share.

Let the world know: Shout it loud and proud. Some will argue this but I prefer to tell as many people as possible my fears and goals, the more people who know the better. It holds me accountable. If I don’t smash them I will feel like I am letting other people down.

Most importantly find your why: Get down to the heart and soul of that matter. Why do you want to conquer this fear? What you will get out of it. Why will you be better after achieving it?

I’m definitely not a habit-building guru but Leo over at Zen Habits is. Check out his site for some more habit building advice.

So know what?

What is a fear or personal limit you can tackle today. Right now!

What is one you can crush in a month, 3 months, this year?

What is a lifetime limitation you can destroy!

Give me a shout. I’d love to hear about it or thrown it down in the comments below.
Now go do shit! That’s an order!

Live Limitless,

Justin

IF YOU FOUND THIS VALUABLE PLEASE SHARE THE LIMITLESS LOVE
Are you too perfect?
Perfectionism=Procrastination...(ism)

“Use what talents you possess; the woods would be very silent if no birds sang except those that sang best.” ~Henry van Dyke

I stopped by Danielle LaPorte’s blog “White Hot Truth + other sermons on life.” I ended up watching a video post she had done and a small section of it really resonated with me. She brought to attention that every masterpiece that has ever been done could have been done better. It really struck a chord with me personally and is the motivation behind this post.

From Van Gogh’s “Starry Night” to the Sistine Chapel.
John Lennon’s “Imagine” to Marvin Gaye’s “What’s going on.”

Some would call these perfect while others would disagree. That’s the point. There is no such thing as perfect. If there was we would all be able to agree upon it. The idea of perfection is in the eye of the beholder. You get to define perfection on your own terms.

The “Perfect body.”

The “Perfect kiss.”

The “Perfect job.”

The “Perfect life.”

Stop looking to others for their approval or definition of perfection. Take action, start creating, do shit you are proud of and try your best to improve on it. Not striving for perfection but striving instead for growth and development. Whether it is one step back, two steps forward, a shimmy and shake to the side; it is all-relative. Keep learning and enjoy the journey. Enough rant... let’s dive in!

Perfection wears a mask

Perfectionism is something I have always strived for and thought of as a noble cause. I use to live on the theory that if something can not be done right then it is not worth doing at all.

[it should be noted that I took a 2 hour break right here. I got writers block and realized I was trying to make this post too perfect. The irony...]
I have since changed my tune... for the most part. See above.

Often times when striving for perfection we handcuff ourselves and never get started. Action ceases to exist and our goals, ambitions, projects, and dreams get put on the back burner. Instead of enjoying the excitement of the process we dwell on the prospects of being let down by results not being perfect.

We sit back and analyze every piece of information and detail. Convince ourselves that we do not have enough skill, know-how, or resources to do a good job. Learn the skills on the fly, the know-how will come once you start; you will adapt.... trust me. The only resources you need are the commitment to get started and to simply TRY.

**Perfection is in the eye of the beholder.** What is beautiful to one may not be so to the other. If John Lennon were alive today and you asked him if “Imagine” was the perfect song he would say no. Some feel that it is. If you try to please everyone you will end up pleasing no one, including yourself.

Be proud of getting started. Taking action. That in itself is the real perfection.

**Procrastinators Creed**

*Jane Burka* and Lenora Yuen the authors of *The Procrastinators Code:* Why you do it, and what to do about it* break it down for us pretty spot on.* We often paralyze ourselves with so many doubts and questions that we never actually get started or end up spinning our wheels for so long that we never get finished.

1. I must be perfect.

2. It’s safer to do nothing than to take a risk and fail.

3. I should have no limitations.

4. If it’s not done right than it’s not worth doing at all (guilty as charged).

5. There is a right answer, and I’ll wait until I figure it out.

I for one am guilty of asking myself these same questions. I use to hold myself to such a high standard that I actual never got anything accomplished. I was to wrapped up in doing things perfectly that I ended up not doing anything at all. I then realized that I have never met a single
person that I believed was perfect. We in some shape or form have imperfections. MANY of them

I curse, pick my nose from time to time (hmm...to much info), leave the toilet seat up, write shitty posts on this blog, forget appointments, cook terrible meals, miss a workout, stray from my nutrition, lie or fib occasionally, I suck at surfing, dancing, and basketball. The list goes on and on and I am sure you are thinking about a few ways you F-UP right now.

Show me someone who is perfect and I will show you someone who isn’t taking risks. Don’t except imperfections and failures but learn from them. Take them with a grain of salt (whoa...major cliché) and see how you can improve next go round.

Don’t let the fear of not being able to do something perfect keep you from trying. So you suck at dancing. Screw it! Go try. You want to start your own business but don’t think you have the qualifications or knowledge to make it successful. Screw it! Just get started. You’ll learn on the fly.

Go back and read some of my earlier posts. They suck! But I just got started. Asked for real world feedback and made improvements. Now they only mildly suck but we are making progress.

We can avoid certain mistakes but we can’t avoid making mistakes at all. If you want to be perfect then sit perfectly still........ because that is the only perfection I have ever come across. Now tell me where that is going to get you?

Don’t strive for perfectionism. Strive for optimalism

Think about our 80/20 post. Striving for optimalism would be focusing on the 20% of our life that matters to us most and putting our energy in to getting the most out of those areas that we can. The other 80% is secondary and can be addressed when necessary.

So now decide. What in your life represents the 20% that is most important to you. I would call these your virtues. Don’t over think this. You are free to change your mind at anytime.

Is your health, family, travel, work you are passionate about, freedom, learning a new language part of that 20%?

Decide. Make a decision now. That 20% is where your efforts should lay and your focus should be on achieving optimal results. Not perfect results. But optimal. Ones that you are proud of, that are rewarding to yourself and to others. That has long-lasting impact.
Set realistic goals in these areas and appreciate the success that you achieve. Reward yourself for making an effort and taking the risk of getting started.

**PRACTICE IT!** By that I mean practice getting started. Over the course of the next month try something new each week. Regardless of whether or not you have the skills, confidence, or know-how. Get comfortable with just trying! You might very well suck at it and fail. Learn from it and apply it to the next challenge you come across.

**Be driven by the desire to do your best.**

Let the desire to do your best be your guiding light. Striving for perfection is telling yourself that what you are doing is not good enough. That is the wrong motivating force behind success. Be motivated my knowing you are trying your best and giving it everything you have.

If you do that then your end results will be perfect. It has to be. You gave it your all.

*Derek Sivers* recently did a book review for [Art and Fear](https://www.dereksivers.com/2005/04/19/psychological-study/) by David Bayles and Ted Orlan. In his review he noted the following study.

*The ceramics teacher announced on opening day that he was dividing the class into two groups. All those on the left side of the studio, he said, would be graded solely on the quantity of work they produced, all those on the right solely on its quality. His procedure was simple: on the final day of class he would bring in his bathroom scales and weigh the work of the “quantity” group: fifty pounds of pots rated an “A”, forty pounds a “B”, and so on. Those being graded on “quality”, however, needed to produce only one pot — albeit a perfect one — to get an “A”. Well, came grading time and a curious fact emerged: the works of highest quality were all produced by the group being graded for quantity. It seems that while the “quantity” group was busily churning out piles of work-and learning from their mistakes — the “quality” group had sat theorizing about perfection, and in the end had little more to show for their efforts than grandiose theories and a pile of dead clay.*

I’m sure there will be many that argue that if you are not striving for perfection then what are you trying for. This is my response.

You keep striving for perfection. I’ll keep turning out work after work and experience after experience. And with each one will be better than the last. I’ll learn by doing.
Once you finish let me know how perfection is going for you... my guess is that it never gets done.

**What are your thoughts on striving for perfection? It’s ok to disagree and fight me here. Brothers and sisters fight all the time!**

Lots of love,

J

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**IF YOU FOUND THIS VALUABLE PLEASE SHARE THE LIMITLESS LOVE**
Life is your laboratory. Stop searching, start creating

I know we’ve all asked the questions before.

“What is the meaning of life?”

What’s the point? Why are we all here? What is this all for?

I’m not going to pretend I have the answer. I’m not sure anyone really does. The point of this write-up is to address the fact that I am not sure it even really matters.

Enter the lab..... the lab known as your life!

A needle in a haystack

Trying to figure out the meaning of life is like trying to find a “needle in a haystack,” or is it?

When asking this age-old question it seems like an impossible task to answer. That in its self is our problem. We constantly ask ourselves to many questions instead of acting and trying to produce results.

Finding a needle in a haystack is a tall task to accomplish if you take it at face value.

By that I mean, if someone were to ask us to find a needle in a haystack the first thought that probably comes to our mind is that this is going to be impossible. We’ve already defeated our self before we have even begun. Negatives thoughts like this will only slow our motivation to complete the task, inhibit our cognitive ability to come up with alternative methods to solve the problem, and probably just put us in a pissy mood.

The first thing we would probably do is just say F-it and do absolutely nothing at all, turn our back, and walk away. We play the victim. This task is out of our control. There is no way we can accomplish it so we don’t even try. We leave the needle, we leave the haystack, and we leave. Continue on our typical path, routine, not to be bothered by such a cumbersome task.

Or, if we have some fight in us, we may just give it a shot. We walk over to the haystack and start searching. Pulling apart hay at a frantic pace with your bare hands in search of a needle. No real plan, no real method to the madness, and no real direction. All we know is that we are searching for a
needle in a haystack. This may seem noble, or even fearless. But searching for a needle in a haystack with no real rhyme, reason, or method is only going to cause us a world of frustration.

For reference, this use to be me and honestly sometimes still is but I am getting better and better at recognize when I get into this mode.

The third thing we could do is make excuses.

“I don’t have time to search for a needle in a haystack.”

I’m to busy, I have too much work to do, I have more important things to accomplish, I (insert any excuse right here). We may even head home, plop down on the couch, turn on the TV or computer and distract ourselves with something else.

**Finding a needle in a haystack. Lets try this again.**

So is finding a needle in haystack impossible? Is it really that hard? You may also be asking what the hell this has to do with my life.

Life is like a...

Not like a box of chocolates. I’m not getting all Forrest Gump on you here.

Life is like one giant laboratory with you as the mad scientist.

Take advantage of the opportunity to create. Instead of walking away because something seems beyond your control, instead of haphazardly taking on any and all challenges, or instead of making any number or excuse or resorting to many numbing activities, just get started.

Start **CREATING!**

1. **Create solutions to the problem.** Instead of giving up because you feel as if something is impossible or out of your control find creative ways to solve the problem. Focus on what you want and get clever about how you can get there. Need to find a needle in a haystack? **Do what these guys did.**

2. **Use past experiences as your guide.** If you are not a baby chances are you have been on this earth a while and have had thousands upon thousands of personal experiences, challenges, and battles you have overcome. If you are a baby than I am super impressed you can read this.

Don’t let things you have dealt with, overcome, or even failed at in the past
serve no purpose. Look to them when you need to in order to evaluate how you can accomplish things right now.

3. **Don’t react** -- Instead respond. Reacting to situations can create unpredictable outcomes. It is based on emotion and irrationality and usually comes about when you are underprepared or overwhelmed. Emotions like anger, jealousy, contempt, fear, and regret usually consume you. They control your decisions and dictate where you go.

Not all reacting is bad.

Remember **the scene in Dodgeball** when Patches O'Houlihan throws wrenches at the team instead of dodge balls? Well circumstances like that are when you want to react.

The problem arises when we pigeonhole ourselves by the emotions we are feeling and let them control any outcomes.

Responding establishes control. It’s a difficult task and takes hard work and effort but **once it has been established as a habit** it becomes an extremely powerful tool. Learn to identify the problem, hear and see it, then take time to reflect. I know this may seem like a tall order and can take time but these steps can be accomplished in a matter of minutes and even seconds once mastered.

Let your knowledge, skills, and resources help you. Look to them. Look to them often.

4. **See yourself as capable.** See others this way as well. Envision yourself as capable of achieving any task, goal, or challenge. If you start of any situation doubting yourself you’re already defeated. See others this way as well. Envision those around you as powerful beings as well that can tackle anything. Help others feel strong and courageous. We all need a helping had every once in a while. Plus, this gives you the opportunity to build a powerful posse. Every so often we can’t go at it alone. Other times it’s just way more fun to try something new with a partner.

Try riding the teeter-totter by yourself, or let me know how fun playing poker alone is. I’ve taken a few skydiving trips by myself and the experience was awesome! However, I have also gone with a few pals and this simply made it that much more exciting and amazing!

Try finding a needle in a haystack alone. One, probably not much fun. Two, probably takes you that much longer. Now do it with a posse and chances
are you get a little crazy, have a little fun, and create some long-lasting memories.

**Ask the right questions**

What do I want?

What is my intention here?

Does this situation define me?

Assess your current situation. What is it exactly and what can it be? Like the needle in a haystack. What seems like an insurmountable, mundane, and daunting task can prove to be an opportunity to learn about yourself, abilities, creativity, and an amazing challenge that it accomplished can propel you forward to even bigger and better things.

Take baby steps and be patient. Somewhere in your laboratory chances are you will screw some things up and that baking soda volcano won’t exactly erupt.

The important thing is to put back on the goggles, evaluate what went wrong, and try again.

**You’ve found it... Now what**

I was exchanging emails with my friend Steffi (whom you all probably are familiar with by now) the other day and we got to talking about this post.

We got to discuss whether or not finding that needle in a haystack or the meaning of life even matters that much.

So you’ve found it... now what?

Does having a clear definition of your life really make it that much more fulfilling then it already is? Chances are that once you’ve found the needle you look back and say that the real meaning, the real adventure, and the REAL fun was the story you created while in pursuit.

Smile more; be healthier, live without limits.

Don’t write an ending to a story before it’s been told. Turn those blank pages, take out your number 2, and start creating. Don’t be afraid to use the eraser every so often if you need to.
What story do you want to tell?

Live Limitless,

Justin

52 books in 52 weeks: A special thank you to The Power of TED* which got me thinking about this.

IF YOU FOUND THIS VALUABLE PLEASE SHARE THE LIMITLESS LOVE
I’ll stop procrastinating... Starting tomorrow.

“Procrastination is a mechanism which people use to cope with the anxiety or stress involved in starting new tasks or completing old ones.”

We often put our health and well-being on the back burner because we know that the lifestyle changes that it is going to take to improve ourselves both physically and mentally are most likely going to be difficult, time-consuming, and the results most likely won’t be immediate. Hell, I’d say that’s why we put most things in our life on the back burner.

We often procrastinate because our lives feel bloated with tasks and commitments and no matter how hard we work, dedication we put in, or commitment we give it won’t matter because there is just TOO MUCH sh*t going on. This inevitably leaves you to do nothing and maintain the status quo. Quietly going through with your normal routine and then asking yourself at the end of the day why you’re not making any progress towards goals or personal growth. This goes for all walks of life. Health, fitness, career, relationships, and adventure.

If you want to start making progress you have to be open to change, willing to just get started, and even risking temporary failure for long-term success.

Procrastination is like a credit card, it’s a lot of fun until you get the bill.

Hard work has a future payoff. Laziness pays off NOW.

Unfortunately that can be our attitude sometimes when it comes to starting something new or finishing something old. Instant gratification and quick fixes rule the world around us. How many 7-minute ABS videos have you seen only to look right next to it to see 6-minute ABS?

Looking to start your own business leads to googling a business in a box and how to get rich quick.

You’re starv’n Marv’n and instead of taking 20 minutes to prepare a real meal you opt for something processed that can be thrown in the microwave
for 3 minutes. Then when it’s time to eat the meal it’s engulfed shorter than the time it takes to cook the damn thing. Instead of actually savoring every bite, it’s practically swallowed whole.

You think about starting a fitness program and healthy eating plan but stop with the thinking part and never take action.

**But why in the hell do we do this so often?**

I recently read a book by Neil Fiore titled The Power of Now. A concept that I highly agree with *(mostly because I can see myself doing it)* is that we procrastinate in order to protect our self-worth. So basically you never get started because somehow and in some way your performance towards any given goal, task, or activity defines your self-worth.

This really can show up in any aspect of our life. From starting a conversation with someone to waking up a bit early to begin a body weight routine in order to improve our health. The funny thing is that too much procrastination eventually catches up to us. We can see it in our waistlines, projects building up at work, or even our personal relationships beginning to suffer.

Aside from the psychological aspects of it I think it comes down to three things. Whenever I procrastinate.... like when I try to write some of these posts, it usually has something to do with these.

1. **Being unrealistic with regards to time** Forgetting how long it can actually take to complete certain tasks like getting back into shape, building a healthy eating habit, or starting your own business. Going back to that instant gratification thing we expect things to start happening immediately just because we got started. It’s almost like we expect a pat on the back because we finally got our a** moving. Unfortunately it doesn’t always work like that.

But it goes both ways. I know for me I often tend to think I can get more done in a day then I actually can. Sleep... *who needs sleep*. I’ve got 24 hours to be productive.... yeah, right! I’ll haphazardly right down everything I want to get done in a day only to look at a “TO-DO” list that turns into a “NEVER GETS DONE” list. This usually is due to me being to vague about what it actually is that needs to get accomplished and having no sense of awareness about all the factors that may take up some time. I may schedule 45 minutes for a workout but I forget it takes me 30 minutes to get there, 10 minutes to warm-up, and 30 minutes to drive home.
2. Saying Yes when you should be saying No  We say YES so often. It stems back to that feeling of self-worth. If we are able to do everything and be there for everyone it somehow proves we are a better person. But does it really? It usually just means we’re a person that now has a sh*t ton of YES on their plate. Most of which are things we feel like we have to do as opposed to things that we actually choose to do.

Take this little test over the text couple days. How many times in a conversation with someone or with yourself (or in your head, and no that’s not crazy) do you say “I have to do this?” Or “I must.” These are telltale signs we’re trying to do something either we really don’t want to do or maybe are scared to do.

When you’re doing one thing when you’d rather be doing something else you’ll feel resentment. Your mind and body will then naturally try to avoid feeling this way and look for ways to procrastinate.

3. Perfectionism  We often convince ourselves that there is no sense in doing something if it’s not going to be done perfectly. You might get frustrated when you first head to the gym and start learning how to lift weights. Maybe you’re struggling with perfecting your diet and decide to just quit instead.

The funny thing about perfectionists is that their often pessimists and believe they are not capable of achieving perfection in the first place so nothing ever gets started. The first steps when trying to learn something new like dancing can be brutal. It’s embarrassing, you suck, it’s extremely frustrating. Often when I think about trying something new these are the first thoughts that go through my head. In all honesty it’s what kept me from trying a few new things in my life for so long.

So how do you avoid this?: “One of these days I’m going to get help for my procrastination problem.”

And find more of this:

If you want to make an easy job seem mighty hard, just keep putting off doing it.

Remind yourself that setbacks are temporary. Some may last a little longer than others. And hell, some may be more difficult to overcome. But look outside your window, the worlds not coming to an end. Chances are the most important things in your life are still there. Just in case you do look outside and see the Earth splitting and fire coming from the sky
chances are you’re not going to make it anyhow so there’s no need to stress out about it :)... That’s a joke people.

**Some days will be better than others** and on those days you will find it very difficult to keep your motivation high. Resistance will try to set in and plopping down on the couch is a much quicker solution than tackling that thing head on. Even if it feels to tough, not enough time, or you’re not in the mood find at least 5 minutes to work towards whatever it is that you want to accomplish. You want to build the habit of progress.

**Anticipate success and reward good behavior** If you are thinking about starting a project, tackling a goal, or embarking on a new adventure and expecting failure there’s a good chance you’ll never get started or like a 16-year-old learning to drive stick, stall at some point.

I’m not talking about being cocky here but be confident. Expect success; tell yourself you will deserve it for the commitment you are about to make. When I sit down to write sometimes what keeps me going are the comments a post receives or the emails I’ll get. That reward makes sitting down fingers to pad all worth while and often times keeps me from checking Facebook, email, or pretending I forgot something at the store.

If the task at hand is one that takes some time setting up checkpoint rewards is often a good idea. If you’re trying to add some muscle to your frame or trying to drop a little body fat, both can take a little while to achieve. **Try setting up small rewards that celebrate your behavior rather than your results**

By that I mean don’t focus so much on whether or not the scale moves up or down or if your bench press goes up. Those are things that are beyond your control. Celebrate the things you are in control of. Like you made it to the gym 5 times this week, you ate veggies ate every meal, or you remembered to take your fish oil every day this week.

**Learn to say no** It’s funny to think that we would need to learn how to do this but it’s true. Commit to things that are aligned with your values, virtues, and priorities. Play to your strengths because odds are that is how you will be most effective, helpful, and motivated to keep on keep’n on when procrastination rears its ugly mug.

Oh, and that test we took earlier about noticing when we say “I have to” Start saying “I choose to.” Make the goals you are working on things you actually want to do as opposed to things you have to do.
Make goals visual This might work for some and not so much for others but I am highly motivated through visually. When I make my goals visual and easy to see on a daily basis it somehow reinforces how important they are to me. So find a picture and post it. Write it out in big bold letters, look at it, and read it everyday.

Practice f*#ing up every once in a while And no, you don’t have to purposely eat an entire carrot cake or shred some important documents you may need to turn in. It’s more about accepting that when we try something that is pretty damn hard there is a good chance we are going to f*ck it up at some point. This is magnified if we are trying something new.

Except that things sometimes get out of control. You can’t control what other people say, think, feel, or do. You can’t yell at the scale to see different numbers, and you can’t be raid your chicken breast for not providing you with adequate protein to support muscle gains.

Avoid playing the victim and ask yourself “what can I do right now that is going to help me get closer to success.”

Keep a “Ways I got Out of Doing Important Stuff” journal In the book The Now Habit it talks about keeping a log for a few days to see exactly how you spend your time. I am going to be honest, this is one of the more eye-opening things I have ever done. It helped me realized what I frick’n time waster I was.

I often felt I never had the time for anything. Then I kept a detailed journal of a few “days in the life of Justin” and found out that I was spending a good time doing... well.... nothing.

Write down what you are doing hour-by-hour. From the time you get up to the time you go to sleep and keep it up for a few days. It is an extremely tough test but well worth it. So if you get up at 5AM, brush your teeth and then find out from 5:15 to 6:00AM you scratched your butt, picked your nose, and counted the raindrops falling outside you might be able to find some time to get that workout in or start that side project.

Long story short or short story long

The majority of us live our lives with a firecracker in our butts and it’s not until the fuse is lit that we say to ourselves “damn, I better get started.” Procrastination breeds more procrastination because things keep piling
up and we feel to overwhelmed with starting because we have convinced ourselves that it’s just too much so why bother.

So if you open your email inbox answer the frick’n emails immediately and don’t let it fester. If you Want to get stronger start hitting the weights or pushing around your body. If you want to drop fat trade swap some of that bread for fresh veggies. Just get started.

Perfection is not needed to get results but getting started is.

What are some ways you all deal with procrastination?

What are some common things you do to procrastinate?

Live limitless,

Justin
If you want to grow a beard, don’t buy a razor and other simple solutions to big problems

I think we can all agree that it is pretty easy to say all the right things. As human beings it’s in our nature to tell people what they want to hear and this includes ourselves. Here’s a little story about a guy named Paul. Let me know if this sounds at all familiar.

The people’s names have been changed in order to protect their privacy.

Paul hops on the scale one Saturday morning. “YIKES” he says to himself. “I’ve gained twenty pounds. When the hell did this happen?”

He grabs a handful of skin from around the mid section, dang he thinks, this is not cool. Paul takes one more good look in the mirror. Gives his best guerrilla flex and wonders where the heck all his muscle went. He goes on to lather up his beard with shaving cream and gets ready for a shave, his first day on the new job so he wants to look fresh. He loves his beard, so this is sort of a tough moment for him...

His eyes look up to the ceiling and he strokes his chin a little bit. His mind wanders and a quintessential movie thought-bubble appears above his head. He’s imagining the days of his youth. Constantly active, running outside barefoot, climbing trees, eating whatever the heck he wants (even pictures buying a fat frog ice cream popsicle from the ice cream man).

His mind drifts a bit to his teenage years (don’t worry, Paul is keeping it PG). Still active, playing more organized sports, still eating whatever, added a few beers into the routine... come on, we all did it. But still in pretty darn good shape.

College rolls around, Paul adds a little weight but is still staying in pretty good shape. A little less active but he’s working out in the gym or going on a few runs here and there but school, studying, homework, and girls are taking up more of his time now.

Paul graduates from college and it’s time to get real! He sends out a sh*t ton of applications looking to land any job he can find. His dream is to be the CEO of a well-known company and make tons of money. He gets his foot in the door at a pretty solid gig and is making good money. He’s married now and expecting his first baby so the finances are important.
Bills to pay and people to take care of. Responsibilities are at an all time high.

Work and his commute take up most of his time and he’s less active than ever. An occasional workout thrown in randomly throughout the week if he’s not to exhausted from the day and a weekend walk with the wifey, if they have the time. Still eating whatever he wants but he realizes he’s getting a bit older and try’s to eat better. Low fat this, whole-grain that, diet drinks, he thinks he’s doing pretty well for the most part. The weekends sometimes get the best of him he admits but other than that he feels he’s doing well.

Paul’s bubble bursts and he focuses in on his beard in the mirror. This time it’s full of shaving cream. He takes his first stroke with a razor and as he does he says to himself... “Starting Monday I’m on my diet, working out 5 days a week, and that’s that.

He rinses off the razor blade in the sink below him and watches the stubble wash down the drain. He looks back in the mirror at his now baby- bottom smooth left cheek. “Damn,” he thinks to himself. I loved that beard. I wish I didn’t shave it.

Lesson #1: If you want to grow a beard don’t buy a razor and if you want to eat healthier don’t by junk food

Seems simple enough right? If you want to grow a beard don’t buy a razor. If you don’t have a razor you can’t shave your face, therefore, it makes growing a beard that much easier. Don’t worry, this post isn’t about how to grow a beard. It’s about how to get healthier, mind, body, and spirit.

If you want to start eating healthier don’t buy crappy food.

There’s a pretty good chance that if food is in your house someone is going to eat it. There’s an even better chance that someone will be you. A good solution is a kitchen makeover. Out with the bad and in with the good.

1. Grab a large trash bag.

2. Open up the pantry, cabinets, fridge, and freezer (not all at one time)

3. Have at it. Start throwing junk away.
Now here’s a few things that might be going through your head that keep you from throwing some items away as you’re staring down all that junk.

1. I hate wasting food

2. ____________ Likes this, so I have to keep it.

3. I’ll keep it for a special occasion.

If you hate wasting food, chuck it in a bag and donate it. I’m sure a food bank is more than happy to take it. If ____________ likes a certain food and you feel the need to keep it, explain to them your health and wellness goals. They’re family, I’m sure they will be more than happy to support you and agree to take it out of the house. Chances are they’ll be motivated to join you as well. If you’re telling yourself it’s for a special occasion throw it out anyway and either have someone bring it during that “special occasion” and then take it home with them.

Some items to look for when performing a kitchen makeover include the following.

**The usual suspects:** Those obvious junk food items like chips, candy, chocolate, soda & other sweetened beverages, frozen dinners, margarine, flavored nuts, instant foods (ex: mashed potato’s), baked goods (Little Debbie), cake mix’s, and alcohol.

**The magicians:** The foods you necessarily wouldn’t think are bad for you or that have a sneaky label. Be on the look out for “organic” cookies and other processed times, “whole grains”, “low-fat” which usually means added sugar or words we can not pronounce.

Sweetened yogurt, fruit juices, granola, breakfast cereals, corn, peanut butter (read most labels.. weird stuff in there), crackers, bagels, bread, and frozen yogurt.

**The ninja’s:** Those items that you don’t even see because you hardly use them, they’re hiding behind other times, or you just plain never think about. This includes condiments like BBQ sauce, ketchup, and other sweetened sauces. Salad dressings, croutons/bread crumbs, processed meats (bologna, most deli meats), cream cheese, and buttery spreads like “I can’t believe it’s not butter.”

A good rule of thumb if you are unsure about an item look at the label. One ingredient definitely keep it, two and it’s probably good, three that’s ok as
long as you can pronounce them, anymore than that then definitely toss it.

Now what the hell do you do now that the cupboards are empty, the pantry is naked (not literally), and the fridge and freezer have nothing in it but cold air? No worries. I got you. Here is a one-week paleo shopping list and meal plan at your disposal.

Some other tips that might come in handy when grocery shopping:

How to dominate your farmers market Grocery shopping on the cheap What should I buy organic and what should I not?

Most importantly, remember if you open up your fridge and you have to choose between ice cream and broccoli, ice cream is probably going to win more times than not. Get rid of that sucker and leave yourself with no choice.

Lesson #2: If you want to grow a beard don’t buy a razor and how to make sure you exercise

I’ve found the three biggest things that get in the way of developing the exercise habit are

1. I don’t have the time
2. I don’t know what to do, it’s boring, I’m not seeing results.
3. I’m to exhausted after work

Let’s handle these short and sweet.

I don’t have the time really just means it’s not a priority. So gut check time. If exercising is not a priority for you there is nothing wrong with that. If you’re ok with sneaking in a couple workouts here and there that’s cool but if you are really looking to improve your health and well being it’s going to have to be a priority.

Evaluate how you are spending your time. Take a week and log each day in a journal. Hour to hour write what you are doing with your time. From the minute you get out of bed to the minute you go to sleep. Track exactly what you are doing with your day and how long each activity takes
you. Most of us have pretty routine days. The time we get up, go to work, eat a meal, etc... so a week log will give you a great idea of where you can fit in a workout.

**Next evaluate what exactly it is you are doing every hour.** Are you going to happy hour every Thursday? Being social is awesome but maybe you can be social and workout? Grab some buds for some exercise, check out a Crossfit, or take a yoga class.

Watching some TV for an hour every night? Sub in some home based workouts.

**Weekends are the best opportunity to get a workout in.** Most work long hours Monday through Friday but Saturday and Sunday are usually an easy place to fit in an hour workout. If you can squeeze another one in on a Wednesday you’ve got three. Now that ain’t bad.

The most important thing is to schedule it. Make it an appointment with yourself and don’t let anything get in the way.

**I don’t know what to do, It’s boring, I’m not seeing results.**

If you don’t know what to do you have a couple of options. You can hire a trainer, take a group glass, or check out some of the examples here, here, or here. Hell, you can even design your own workout by using this bada** list and checking out the exercise video’s.

**It’s boring** Then make it fun. If running is boring don’t do it. If lifting weights is boring don’t do it. Find activities you like and get active. If you are not sure what you like experiment and figure it out. Try rock climbing, surfing, kayaking, and adult gymnastics. I find that most people who say working out is boring just need to make it social. I would highly suggest taking a group class, trying a Crossfit gym, or inviting friends to the park to get some activity in.

**I’m not seeing results** You might just be looking at the wrong markers. If the scale is the only thing you are using try other methods. Take body measurements, get a body fat test done, go to your doctor and see how your blood pressure and cholesterol are doing. Pay attention to how you are feeling as well. Do you have more energy? Are you happier? I also hear people say they are not seeing results and the next minute they’re telling me how lose their clothes are fitting. Hmmmmm.
Lastly, most of the “I’m not seeing results crowd” also belongs in the “I’m not very patient crowd.” It takes time. Remind yourself that there is no downside to exercising and eating healthier. Engaging in those activities consistently is only a positive thing.

**Lesson #3: If you want to grow a beard don’t buy a razor and if you want to be happier stop doing sh*t you hate**

I wish it was more complicated than that but it’s really not. Google it up if you don’t believe me. You’ll find a gazillion... YES, a gazillion (more than a bazillion) studies that show race, money, environment, health, and looks don’t factor in very much when it comes to our happiness. I know what you’re thinking. Your mind probably went right to the money.

“If I had a million bucks at be happy as all get up.” But most studies show that any amount of money over 75,000 dollars per year adds very little to more happiness. As long as there is enough to pay the bills with a little wiggle room to spend leisurely we are really happy (1).

As human beings we are naturally social animals. So what is commonly found to bring more happiness is the following.

1. **Savoring the little moments each day.** From reading a bedtime story to your kiddo to sipping tea with a friend on a nice night.

2. **Avoiding comparisons.** Never evaluating yourself against someone else. What they have, how they look, what they’re good at. Focusing more on who you are, what you are good at, and things within your control.

3. **Placing money low on the list** The more emphasis we place on money the less happy we seem to be. If all we think about is getting it, how much we have, how much we don’t have, we seem to be less happy.

4. **Setting meaningful goals** Setting achievable goals that evoke pleasure in pursuing them creates more happiness.

5. **Taking initiative** Whether it is at work, home, or somewhere else in our life. When we take action or “get started” in new activities we are interested in.

6. **Being social** Spending more time with loved ones, friends, and family is highly correlated to more happiness. Especially for those in a strong marriage.
7. **Faking it** By this I mean smiling, laughing, and trying to be happy even on the darkest of days.

8. **Gratitude** Those that give thanks, express gratitude, and appreciate the good in their life are the happiest. Start a gratitude journal today. You won’t regret it.

9. **Exercise** We’ve all felt that endorphin rush from a productive exercise session. It’s a natural mood enhancer. So find things you love and get active.

10. **Volunteering** Those that spend even just a small amount of time volunteering experience more happiness. If you don’t have time to volunteer try random acts of kinds like buying the person behind you a cup of coffee, paying for someone’s lunch randomly, or helping someone carry their groceries to their car.

**Moral of the story**

If you want to grow a beard don’t buy a razor. If you want to eat healthier don’t buy crappy food. If you want to start exercising make it a priority. If you want to be happier do more of what you love and less of what you don’t.

**So lets here it. Where are guys specifically struggling? How can I help?**

**Did any of this not make sense?**

Live limitless,

Justin

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**IF YOU FOUND THIS VALUABLE PLEASE SHARE THE LIMITLESS LOVE**
How to stop living for someone else and start living for yourself

This post is a long time coming. Way back on June 12th, of 2012 I had a call with homeboys Dave Ursillo and Jakob Sokol. I wanted to get their opinion on something I was struggling with.

The Trap of Validation.

I was having a hard time explaining to those closest to me why quitting my job, leaving a comfy salary, and selling my car was the best thing for me.... I laugh as I write this because as I read it to my self I can’t help but think....

“What a tough sell.” Haha :)

The fastest way to stress, anxiety, and unhappiness is by comparing yourself to others or trying to keep up with the Joneses.

Making decisions and living your life based on the opinions of what others consider being good and bad.

I use to get caught in this trap all of the time. I’d be lying if I said I still didn’t but I’m starting to get pretty clear on the things that matter most to me.

A few decisions I’ve made simply to seek the approval of others:

Went to school to earn a Bachelors and Masters degree. I’m proud of the accomplishment but in my opinion our educational system does a really good job of teaching you how to work for someone else and not how to work for yourself.

How many times have you heard, “get good grades so you can get a good job?”

Not once have I ever heard get good grades so you can create your own job.

When I came out of the womb (is that too much info) I knew I wanted to be an entrepreneur and work for myself. If I was smart I would have found a mentor at an early age and got busy creating.

I say YES 90% of the time. I say yes to everything. I’m not even sure I know how to say NO (does that count?). Half of the time after saying yes I think to myself, “What the hell did I say that for?”
The other half of the time I realize I’m already committed to something else and am left with more than I can handle, some extra stress I don’t particularly care to have, and I end up either letting someone else down because I can’t follow through with my commitment to them, or myself down because I do a piss poor job due to the disease I have just created for myself known as “#Tomuchontheplateisitis.”

**Maybe you don’t have the seeking the approval of others problem like myself and some others. You might just be trying to keep up with the Joneses by constantly comparing yourself to others.**

- My friend lost so much weight on this diet, why can’t I?
- So and so has a great job, a beautiful family, why can’t I?
- This person or that person has it all figured out. How come I’m struggling so much?

However, it’s important to remember that you only get a small snippet of others lives. You see the show that’s on the stage, you miss the behind the scenes.

Everyone has their own personal struggles, weaknesses, and comparisons that they make. For example, take a look at the following.

**Bill Gates:** Gates didn’t seem like a shoe-in for success after dropping out of Harvard and starting a failed first business with Microsoft co-founder Paul Allen called Traf-O-Data. While this early idea didn’t work, Gates’ later work did, creating the global empire that is Microsoft.

**Walt Disney:** Today Disney rakes in billions from merchandise, movies and theme parks around the world, but Walt Disney himself had a bit of a rough start, he was fired by a newspaper editor because, “he lacked imagination and had no good ideas.” After that, Disney started a number of businesses that didn’t last too long and ended with bankruptcy and failure. He kept plugging along, however, and eventually found a recipe for success that worked.

**Charles Darwin:** In his early years, Darwin gave up on having a medical career and was often chastised by his father for being lazy and too dreamy. Darwin himself wrote, “I was considered by all my masters and my father, a very ordinary boy, rather below the common standard of intellect.” Perhaps they judged too soon, as Darwin today is well-known for his scientific studies.

**Thomas Edison:** In his early years, teachers told Edison he was “too stupid to learn anything.” Work was no better, as he was fired from his first two jobs for not being productive enough. Even as an inventor, Edison
made 1,000 unsuccessful attempts at inventing the light bulb. Of course, all those unsuccessful attempts finally resulted in the design that worked.

**Jerry Seinfeld:** Just about everybody knows who Seinfeld is, but the first time the young comedian walked on stage at a comedy club, he looked out at the audience, froze and was eventually jeered and booed off of the stage. Seinfeld knew he could do it, so he went back the next night, completed his set to laughter and applause, and the rest is history.

Everyone has their own struggles, weaknesses, and demons to fight. Those that come out winners stay true to who they are and their beliefs.

*Special thanks to Onlinecollege.org for the awesome resource*

**Being you comes with some difficulties**

There is nothing wrong with wanting to please people. It’s just important to make sure that it is aligned with what is most important to you.

This however can lead to some problems. The people you care about most and whose opinions you respect might be making it difficult for you to pursue that which is most important to you.

It’s important to remember that to be safe and secure is ingrained in us. It goes back to our days as cavemen and women. The first priority was to stay alive. Avoid predators, find food and shelter, and find a decent looking mate so that we could keep the blood lines going.

**Those that care the most about you are more concerned about your safety than they are with your happiness.**

I’ve personally ruined relationships by arguing back and forth about how a life should be lived. As I’ve gotten older and I like to think wiser (this is up for debate). I’ve been able to come up with better ways to keep those most important to me apart of my life while still pursuing a life that creates the most happiness for myself even if it goes against the majority opinion.

1. **Spin it and just say thanks:** When someone close to me voices their opinion or concern for decisions I may be making I just say thank you. I thank them for loving me so much to concern themselves with my safety and well-being. I then explain that these decisions are being made because I want to create the happiest and most enjoyable life for myself.

I like to tell them that the best me for you is this.
2. **Actions speak louder than words:** Don’t just pitch your dreams to someone, live them. Prove that it is possible to do things a little differently than most and still be safe and secure in the long run even if that means sacrificing some of that right now.

A few of those crazies above did it.

3 **Contribute:** Think of yourself as a quiet leader. While this post is about making decisions that are most important to you it is still important to keep others in mind.

How can you give back to this world? It’s given you so much. What unique talents, what strengths, what can you give of yourself to help make the lives of others better?

Sometimes we’re stuck in situations that are uncomfortable for us or that might not make us happy. Many struggle with their career and not having a passion for it.

Uncover ways to contribute positively in your current situation. Not only to the work but to the people you work with. Try your best to create a human environment and less of a cooperate environment.

**The life you want to live is a long-term investment**

I love this equation.

**Consistent + Persistent + Patient + Practice = Your vision**

Your vision is a collection of your values. The way you want to live and give.

If you need help figuring out your values, here is a list that might help you to clarify what they are. [The LIST :)](https://example.com)

**Note:** This is an excerpt from a free guide I will be real sing soon.

Ok, so this is the important step. Most of us want freedom, joy, passion, and other buzzwords that come up when you think about your virtues. However, most of us don’t take the time to define what they actually are.

If you want freedom in your life what does freedom look like? What does it feel like? How do you achieve it? It’s important to define what your values mean to you. Create an emotional attachment to them.
Get Busy Living: This is a trick I got from the lovely Jenny Blake over at Lifeaftercollege.org

I want you to create a value chain for your virtues. To do that you just need to think about the virtue and what it means to you. What does it look like, feel like, smell like, and why is it important to you for example. Check out one of my virtues below for an example.

**Wisdom**- learning/education/sharing knowledge with others/developing theories/participating in personal growth/reading/experiencing new things/challenging my mind.

Now take each of your ten virtues and the value chain you created for them and write a brief paragraph about each one. My example is below.

**Wisdom**- To challenge myself to learn new things through reading and experience. To take the things I learn and put it into action. To take my personal experiences and learning and share it with others so that they can participate as well.

Make your virtues real by visually seeing them on a daily basis. Create a vision board, use Pinterest, or find other ways to make your virtues come to life. Find pictures, cut out words, or use objects that represent the true meaning of each virtue to you. Spend time looking at your creations each day.

**Now the hard part**

Those virtues you described above. **Live them.** The more time you spend making decision that are aligned with those virtues the greater success, happiness, and difference you will be able to create in this world.

What are some of the virtues you came up with? I’d love to hear about them in the comments below.

Live Limitless
A brief guide to better living: Beast mode on yourself

“Love life and it will love you back.”

I make it a point now to sit down with friends over coffee, wine, or a meal just to chit-chat and talk about life, philosophy, sports, movies, family, business, and whatever else we might be up to. A few days ago I was sitting down with a gal-pal and she brought up (drum roll please) Passion.

“Justin, what is your passion?” She asked me.

My answer is simple. I don’t have just one. I’m passionate about a shit ton of things. If I had to narrow it down I’d say I’m in love with living. What gets me out of bed each morning is life. Each day is exciting for me. I’m super stoked to see what challenges the day will bring, how my decisions will unfold, the interesting people I’ll meet, and am amped for the opportunity to learn not only about myself but others and the world around me.

She laughed and called me a weirdo. But she also said, “I wish I could be like that.”

I think you all know what happened next. My noodle got spinning a little and out popped this post.

6 Steps to extraordinary living

I have a mentor and he doesn’t even know it. I’ve read just about everything the late Jim Rohn as written. The dude is just about as inspirational, put together, and as smart as all get-up.

One of his shorter books Philosophy for successful living is a personal favorite. In it, 6 steps to an extraordinary life are outlined:

1. Being Productive & Get shit done

2. Value your relationships

3. Remember where you came from and respect it
4. Strong spiritual health (relationship with self, others, and world around you)

5. Develop an inner circle... don’t worry no clicks. It’s not high school all over again.

6. Act like a farmer and plant the seeds of growth

Now it’s one thing to read those six things and say to yourself, “yeah man, I dig it.” Only to finish reading this post and then do nothing about it. You have to participate.

Life truly is a game. Those that play it better practice and actively participate in living. They don’t just sit on the sideline spectating. No way (BIG CLICHE COMING), they say “put me in coach, I’m ready to play.”

In all seriousness, if you want to get better at anything it takes practice, consistency, and the desire to improve. So lets put on the big boy or girl pants and start living extraordinary.

One marvelous idea can change your entire future

Not a single day goes by that I don’t talk with someone who has a great business idea, is motivated to improve their health, or is ready to take responsibility for their finances and start spending a little less and saving a little more.

However, when I check in with them a month or so later about how it’s going I typically get excuses.

I just don’t have enough money to start that business. I couldn’t start my nutrition plan because it was my sisters, best-friends, brothers, sons, bah mitzvah. I couldn’t start saving yet, there was this big sale on this thing I wanted and I just had to get it. Philosophy of poverty: Spend money and save what’s left. Philosophy of wealth: Invest money and spend what is left. Point is there will always be something. If not this excuse, then another, and another after that. There will always be another “Monday” to get started.

Truth is the best time is right now. What ever that big idea it is you have floating around inside your head jot it down on a piece of paper and write out three action steps that you can take this very minute to get started.
Want to get inspired? Start inspiring others

Just the other week I was feeling a little bit sorry for myself. I was exhausted and not motivated to write what so ever. Then I go this email from one of you crazies.

###

It’s true!

Last year I was sitting on my butt, eating ice cream, overindulging and making up excuses for everything.

Since subscribing and really feeling a connection to the messages of the blog, I'm working on being someone I admire.

Thanks to my determination, inspired by your blog, I’ve started crossfit and kung fu, decided to get that clothing line hobby up for sale online, and am working on the daily steps of early sleep and early rising.

Limitless 365 days a year!!!

###

This email really gave me back my Mojo (thanks Raven). I love to write but I don’t always feel like doing it. Knowing that I was able to help someone else made all the hard work and effort worth it.

Take a look at your past. I bet some of your proudest moments in life are when you were helping someone else. Use those for inspiration. Get busy helping to improve the lives of others in order to improve your own.

Stop chasing success. Instead attract it

I do want to make it clear. I like school and formal education. I had a wonderful time in grad school. But in my opinion school does a great job at teaching you how to work for someone else.

Stay in school -----> Get a job -----> Stay out of trouble = A full-time job and a part-time fortune - Jim Rohn

There are two gigantic choices we all have in life. You can decide to work
your ass of in a job and make a decent living and sacrifice your time or you can work hard on yourself and make a fortune. Those that are most successful spend there time and energy working on personal development and earning an education in people skills.

Richard Branson created success by getting **comfortable with the uncomfortable**, he embraces change, he asks himself the right questions, is constantly **trying new things**, is constantly reading and surrounding himself with others that he can learn from, and lastly he takes time to enjoy himself and life in general.

**No one will demand excellence out of you the way that you can**

You may find someone who can motivate you, encourage you, or help you to get started but to rely on someone else to constantly do that for you is crazy talk. No one person, society, or group demands excellence from you.

*There are no health police to make sure that you are healthy, exercising, and eating right* *There is no financial fairy that is making sure you are staying out of debt*

There are coaches, books, and various other resources out there that you can use to help self educate and will support you but when it comes down to it the only one that is really holding you accountable for your actions is you.

**If you want excellence give yourself every opportunity to succeed.** Surround yourself with others that have achieved what you are looking to achieve, cut out pictures of your dreams and create a **vision board**, but most importantly trust in yourself that you are capable.

Mantra’s are a very powerful thing. I use to start my morning with a walk around the block (maybe I should start again) repeating this over and over again.

“**I am strong, I am confident, and I am capable of achieving all I am to achieve.”**

Excellence is much easier when you actually believe it. Start believing it.

**Past and Future, BFF**

Embracing your past and planning for your future will determine your direction. Look to your past for insight.
If you have a specific goal in mind look to your past to examples of how you were able to overcome obstacles and create success. Although a weight loss goal, financial goals, career, spiritual, and relationship goals can seem very different there are usually common behaviors and themes you can find that relate to success between them.

**Consistency in your pursuits** Focusing on one thing at a time to change habits **Realistic but challenging goals**

100% Intention + 0% Mechanism = Results

**Intention:** Your end-result, meaning, reason for doing **Mechanism:** Systems, keys, tools to drive your intention **Results:** The manifestation of your intention

What this formula means is that there are a million and one ways to accomplish whatever it is you want to accomplish. But you can’t do it if you never get started.

There are an infinite ways (mechanisms) to reach achieve the things in life that you want but the only way to do so is to show up and get started (Intention). How many different ways can you get to work today? A ton but if you don’t start the car you’ll be stuck in the driveway.

**How will you get started today?**

**Where have you been making excuses as to what is holding you back from creating an extraordinary life for yourself?**

**What is you plan to create change today?**

Live limitless,

Justin
Blind men, an elephant, and labels

Written January 19th at 10:28PM in my living room with a glass of red wine and a few pieces of dark chocolate.

The story of the Chinese farmer goes something like this:

*There was a wise Chinese farmer whose horse ran off. When his neighbor came to console him the farmer said, “Who knows what’s good or bad?”*

When his horse returned the next day with a herd of horses following her, the foolish neighbor came to congratulate him on his good fortune.

“Who knows what’s good or bad?” said the farmer.

*Then, when the farmer’s son broke his leg trying to ride one of the new horses, the foolish neighbor came to console him again.*

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“Who knows what’s good or bad?” said the farmer.

*When the army passed through, conscripting men for war, they passed over the farmer’s son because of his broken leg. When the foolish man came to congratulate the farmer that his son would be spared, again the farmer said, “Who knows what’s good or bad?”*

I first came across this story in a book written by Steve Hagen, *The practice of being aware, right now, every day. Buddhism: Plain & Simple.*

At the end of the story Steve writes that Socrates once said that we carry on as though death were the greatest calamities—yet for all we know, it might be the greatest blessing.

It’s easy to get caught up in trying to define every circumstance and event in our lives. Hunting for labels to define things that we feel uncertain about, are confused about, or are uncomfortable with. Assigning a word to something uncertain. It happens all the time and it extends much further than just good and bad.
We define food as either good or bad. We rush to put a label on a girlfriend, boyfriend, or fiancé. We may label ourselves as smart or dumb, successful or unsuccessful, pretty or ugly.

The same words that we use to describe what we see can actually determine what we see. What I mean by this is that labels are often treated as real and definitive, rather than simple representations of reality. When something becomes labeled, such as good or bad, pretty or ugly, or boy-friend/girlfriend, it changes the way we perceive things almost in an instant. Soon after your behaviors towards that new label may change as well.

There is a theory out there known as the Linguistic Relativity Hypothesis that argues the language you use on a daily basis affects the way you see the world.

If negative tones, words, and thoughts are constantly present you will tend to see the world as a tough, pessimistic, and difficult. The opposite holds true if your thoughts, words, and tones are positive, optimistic, and express gratitude.

Blind men and an elephant

There is a famous story about six blind men in India that would argue day in and day out about elephants. Their fascination with the animal started because they would hear such miraculous stories about how they could trample forests, carry large burdens, and frighten young and old with their loud trumpet calls. However, they were also aware that the Rajeh’s daughter would ride elephants when she traveled back and forth to her father’s kingdom. This surprised the blind men, that the Rajeh would allow his daughter to ride such a dangerous animal.

The town these men lived in grew tired of their arguing about what an elephant looked like, felt like, and acted like. Growing tired of the blind men’s arguing about elephants, villagers of the town arranged for the men to vista the palace to experience elephants first hand.

As the blind men arrived at the palace, each had an opportunity to approach and touch and elephant.

- The first blind man touches the sturdy side and declares the elephant to be very much like a wall.
- The second blind man felt the elephant’s sharp tusk and declared the elephant to be like a great spear.
• The third blind man grasped at the squirming trunk and, with positive authority, announced that elephants are certainly like snakes.
• The fourth blind man slid his hands along the elephant’s broad knee and said that clearly an elephant can be best described as a tree.
• Now the fifth blind man examined the elephant’s waving ear, and was convinced that the elephant was some sort of fan.
• And the last, the sixth blind man grabbing at the elephant’s swinging tail declared to all around that an elephant is absolutely like a rope.

The moral of the story is that what you see everyday is created through your own perceptions and limited personal experiences. This is why trying new things, taking on personal challenges, sitting down with others, and continuing to self educate is so important. It completely opens the doors to a broader perception and respect for others, thoughts, and ideas.

**When I was in high-school**

I’m pretty sure a third of my high school career was spent suspended. No prom, no homecoming, no other typical high school fun was experienced by me. I was always suspended due to some mischief myself and a few other buddies insisted on getting into. From letting live chickens loose, to streaking assemblies, or parking cars in the schools main hallway, we did it all. Long story short I was a troublemaker.

My grades were poor and school came secondary. I was living up to my “trouble-maker” label.

Labels can be very powerful things. Often when they are placed expectations are assumed and those that carry them can feel the need to live up to them.

**Some of the more obvious places we place labels are on others or ourselves. But what about labeling problems? Ever done that before?**

I’m too old I must have this in order to be ___________ I don’t deserve____________ Others are better than me so why try? There’s no point. This or that doesn’t work for me Life is a struggle People are idiots I can’t lose weight, it’s in my genes I always attracted the wrong guys/girls I’m so broke, I just don’t have enough money to ______________ That’s just how I was raised.

Those are just a few examples of how we might use limiting beliefs to
define our problems or circumstances. Any thoughts or words you accept as true, often become true. You act consistently with how you think.

**If you don’t believe you can lose weight because of your genetics then your efforts will show. If you don’t believe you can do it, why put all the effort into it?**

**No Failure, only feedback**

Start erasing limiting beliefs and engaging empowering beliefs by practicing.

“No failure, only feedback” is a great quote from Robert Allen. Such a great way to view a setback, always seem them as an opportunity to learn. Repeat this to yourself if you’ve had a personal setback. What can you learn from it? What changes can you make?

**No problems, only challenges, that create opportunities** A problem is difficulty that needs to be resolved. A challenge is a stimulating situation. An opportunity is a challenge that can be resolved with a positive outcome. What positive outcomes can come from the challenge that is ahead of you?

**My past does not equal my future** What’s done is done. That can never be changed. Stop dwelling on past decisions, experiences, or results. Learn from them but get busy creating now. One small step each day. What is something you can do for five minutes today that will get you one step closer to a goal?

**I choose my destiny** You’re a painter. Everyday you wake up with a blank canvas. What do you want to create?

**Expectations**

You may have some expectations for yourself. Hell, maybe your boss, family, or friends have expectations of you. If you’re a parent you may have certain expectations for your kids. I think it’s safe to say we all try to live up to our expectations and you probably want others to live up to theirs as well.

**I expect a lot out of myself as I am sure most of you do as well.** Sometimes those expectations can get pretty damn taxing on me. Stress,
anxiety, discomfort, and questioning what am I really doing can come into play.

As I think about the expectations I place upon myself I know that the best way to handle them is by closing the gap between what I perceive will happen and what actually will happen.

I know, I know... how in the hell do you know what will actually happen.

You won’t. If you do, I am thoroughly impressed and would love for you to teach me.

What I try my best to do is come up with the best explanation for the results based on the evidence that is laid before me.

**I ask myself what went right? What went wrong? What were my behaviors that led to these things?**

If you have a goal to lose 10 pounds this month are you consistently making decisions and taking action that will lead to those results?

If you want to start your own business by August first are you setting time aside in the evenings or one weekends to work on your project?

Don’t forget to keep track. How will you know how you’re doing if you don’t keep track. There is a great APP called Lift that will easily allow you to track your progress from your phone. Want to read 30 minutes per day, Go for a jog every morning, eat a Paleo breakfast? Keep track to see how you’re doing.

**What labels have you been putting on yourself or others? Comment below.**

Live limitless,

Justin

**IF YOU FOUND THIS VALUABLE PLEASE SHARE THE LIMITLESS LOVE**
I grew up in Herndon, Virginia. Just outside of Washington, DC. I woke up, literally and figuratively on August 1st 2001.... I think; it was so long ago now. I decided to leave.. I packed up my then green Geo Tracker and drove cross-country to Southern California. I was tired of complacency, safety, comfortability, and following the same routine and being surrounded by the same people day after day. Now no offense to the people in my life or my circumstances at the time. They are and will always be wonderful people who I am grateful for and love. This was a “ME PROBLEM.” I knew if I was to grow as a person and become the person I wanted to be I needed to shake things up in a big way. It was time to get comfortable with being uncomfortable.

The problem is when I got there I kept doing what “I was supposed to be doing.” I grabbed the first job that would take me so that I could have safety and comfortability. Regardless of whether I liked it or had a love for the work I was doing. I enrolled in school because that is what I was suppose to do. After all, you’re suppose to get a degree, get the best grades that you can, so that hopefully you get a kush job that pays you just enough so that you can feel safe, secure, and allows you to buy as many things as you can that will provide short-term happiness. Cars, a house, gadgets and gizmo’s... you know, all that “important stuff.” I like to call it development of possessions over development of the self. I was wrapped up in collecting material things and experiences that were expected of me that I somehow forgot to develop and collect the things that mattered most. That being my personal belief system.

This led me to creating Limitless365. I believe that health is so much more than physical. It is a complete relationship that you have with yourself, others, and the world around you. It encompasses the physical, emotional, mental, and spiritual parts of all of us.

I refuse to accept mediocrity. How about you?

Who are you

I want to know. Who are you? Share the previous chapters of your story with me or someone else today. What do you plan to write on the pages of your book today, tomorrow, or a few years from now. How can I help?

What brought you here to limitless?

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Check out the links below!


Communication/realtionships: http://www.limitless365.com/category/com...

Cooking/recipes: http://www.limitless365.com/category/communicat...

Exercise/fitness: http://www.limitless365.com/category/exercisefi...

Happiness: http://www.limitless365.com/category/happiness-...

How to: http://www.limitless365.com/category/how-to/

Interviews: http://www.limitless365.com/category/interviews...

Life improvement: http://www.limitless365.com/category/life-impro...

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