



Live Your Perfect Weight

Weekly Insight

June 15, 2009

BE A QUITTER

Last year I heard a wonderful motivational speaker named Kyle Eastham, who is also a “Black Belt” in karate. He gave a wonderful performance including chopping a board in half with his fist.

One of the things that caught me off guard was his opening statement which was:

“Be a Quitter Like Me”

Of course it got everyone’s attention because we have a tendency to be lazy and want to “follow the crowd” and “follow the path of least resistance”, so we were excited to hear there may actually be an “easy” way to be successful.

But then he went on to say:

- Quit whining
- Quit blaming others
- Quit procrastinating
- Quit dating the T.V. set
- Quit being average
- Quit making excuses
- Quit wishing it would happen and make it happen

As you probably are aware, for a person to earn a “black belt” they have to be really committed and disciplined. I have great admiration for someone that has that kind of tenacity and can accomplish what they set out to do. So after reading his list of things to “quit”, I decided that we probably all need to exercise a little more commitment and discipline.

Which habit do you need to “quit”? I was at a Bridal Shower over the weekend and one of my friends was talking about watching T.V. She related to me how she felt so out of it talking to other people because she had no clue about the different shows they were watching. So, she signed up for cable television. But she said she could feel that she

was getting addicted to the “tube” and was wasting too much time, so she canceled her service. All the young women at the bridal shower were going on and on about several shows and her and I just looked at each other and smiled – and shrugged our shoulders, because we felt out of the loop.

Whether you are a teenager or an adult of any age it is easy to feel like you must be missing something really important and you can get “caught-up” in time wasters. Of course everyone wants to feel accepted; it’s called “peer-pressure” so it is easy to fall into bad habits whether it’s watching T.V., complaining about life, going along to get along, being average, etc.

When I came home from the bridal shower, I walked into my office and there on my wall was my poster from Kyle which is such a great reminder to me to do the important things in life, and accomplish my dreams.

We all can follow what Kyle Eastham had to say, which I feel is excellent advice. I know it will help you achieve the things you want for your life. So let’s be a “Quitter” like Kyle and follow our dreams and have a more productive and happy life. Set your goals and go for it!

“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

-Martin Luther King, Jr.-

Till Next Time,

Rosemary R. Evans

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