



Trust The Process

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“**T**rust the process, trust the process, trust the process.” This is the mantra that runs in my head as I power through the 8th rep of a 15 rep set. When I first started with my trainer, I was doing 8 rep sets. And I struggled. I knew I would have to take baby steps, but to be honest, I wanted to be at my goal weight before I even signed up for training. Sounds crazy, but that is my truth.

After a few weeks of diligent training, not so much diligent nutrition, I was asking myself, when is the new body going to emerge?? Trust the process is what I kept hearing my more logical self say. My trainer was saying it to me. She said change doesn't happen overnight. Many times your emotions can sidetrack and derail your goals. But in the light of day and logical thinking, you know the truth when you hear it. When I prayed, I heard God telling me the same thing. So I patiently continued my process.

Over time, my trainer challenged me to increase my reps and my weight. I resisted a little because I didn't think I was strong enough. I didn't want to risk an injury, I kept telling myself. But I was making excuses to stay in my comfort zone. I was strong enough! And I was getting even stronger.

One day after a shower, I started to see some abdominal definition. Just a little on the sides. I knew I was on the right track, and it became easier to trust. It's amazing how seeing small improvements and proof can motivate you to keep

going. Seeing is believing. Seeing small positive changes, allowed me to give up more control and let muscle development and fat loss happen naturally and organically.

I have a tendency to want to rush the process.. to get to the finish line already, but life, like training, is not like that. Our bodies are not like that. It takes time and consistency... and faith.

I'm not where I want to be, but thankfully, I'm not where I used to be. I'm confident I'll achieve my goals by staying consistent and trusting the process.

However long it takes, you are here, no matter what the external is, you are a beautiful being and despite setbacks/obstacles/challenges you are worth all the effort.

Let me leave you with a powerful thought that I recently saw on the internet (@notsalmon.com)

- **Hold the Vision.**
- **Drop the Excuses.**
- **Remember Your Why.**
- **Swerve Around Obstacles.**
- **Trust the Process.**