



THE POWER OF A GOOD TRAINER

M“My job is to push you. I’m able to challenge you because I’m constantly assessing your strengths and weakness as we train.”

That was my “a-ha” or lightbulb moment that I had when my trainer and I were talking recently. Let me paint the picture for you. I was telling her that I felt I was getting stronger because I was able to lift heavier and I was injury-free. I was feeling confident in my training. In the past, I had always come to a point of second guessing my trainers. There would come a moment in my training where I felt unsafe. A scary muscle or tendon twinge and I would not give 100%, just to make sure I didn’t get hurt.

When you cheat yourself in training you cheat yourself of achieving maximum results. Playing safe is a mindset that keeps you in your comfort zone. You don’t grow when you stay in your comfort zone. You only make gains when you challenge your muscles. When you have challenging training, your muscles micro-fracture and rebuild into a stronger muscle.

The lightbulb moment happened when I understood that the same thing can apply to life. In life, you achieve your goals by facing yourself in the mirror. You face yourself as a flawed, weak and scared human being. It’s only when we face our fears, insecurities, vulnerabilities and all the sh-t we carry around that keep us stuck that we can push ourselves to the next level. A better self. The challenge is pushing through anyway despite the flaws. Your achievement (and mine) is on the other side of that challenge, if we’ll face it. Crazy, ain’t it?

“A good trainer’s job is to assess and challenge and a good client’s job is to accept the challenge and push through.”

I’ve been holding dreams in my heart for some time, it’s been decades. A trainer’s comment lit a fire within me to push myself through to face my weaker self. What my trainer saw was that I was stronger than I believed. I couldn’t see it, but she could. The same applies in life. We are stronger, smarter and scrappier than we know, than what we believe about ourselves. Life challenges can bring forward our best selves, like a trainer can bring forward our best bodies.

The second part of the equation is trusting the trainer, trusting yourself and trusting the process. Just like in life. A good trainer’s job is to assess and challenge and a good client’s job is to accept the challenge and push through. Sometimes a life event will happen and it may make no sense at the time. Fast forward and when you look back, that event was the catalyst that created momentum and set in motion a series of events that propelled you to a dream goal, dream achievement or a dream life. It starts with trust, action and accepting the challenge.