



**Be unreasonable
and go far in**

2010

By **Trevor Sylvester**

I've never been a big fan of Christmas, but I love New Year. Not for the parties or obligatory socialising, but because for me, the New Year represents the magical prospect of fresh possibility - a future not yet written and waiting to be filled.

An unreasonable transformation

This is the time to decide what you intend to do fitness/sports training wise for the next twelve months. Just more training? Will that be just more events? Or do you have a specific goal in mind, a peak that you want to attain? However, I want you to consider something more than a target that just revolves around improvement. I want you to do

have - what you do that works, what resources you have available and what you've learnt about yourself. That's your foundation, the sum of your journey so far. If you don't know what you have, how will you know what you need?

Conducting a training audit

So, carry out a training audit. Write a list of everything you do in relation to your training:

- * *where you train*
- * *when you train*
- * *how often you train*
- * *what you do when you train*
- * *what equipment you use*
- * *what you eat (including supplements)*

Then look at each item and consider, for example, how long have you been doing it? Do you remember why? How long was it since you questioned it as the best way of

productive training. You may also resolve to cut back on some things, like the time spent in front of your TV or computer, or the money you spend on takeaways. You may have refined your training, brought in new elements, changed your gym or found ways to do more of it somewhere else. What matters is that your sport and fitness training is something you organise your life around more than you did in 2009. You're an athlete. The more you integrate that idea into yourself, the more your life will reflect it.

You can't negotiate with success

The pursuit of an unreasonable goal will mean that you have to look at your life-balance - it's one of the reasons for setting it. Very often people use the word can't. 'I'd like to train more but I can't find the time,' is a common cry. But the one thing you can't do with success is haggle. You'll either do what it demands or it will go to someone else. So set your sights higher than you've ever done, because this will cause you to change the ranking of your sport/fitness training in the hierarchy of your life, and that is what it takes to get extraordinary results. Become one of the unreasonables and join a select group with a purpose that has meaning to them. This is also one of the secrets of life that positive psychology has revealed - that people who

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something in 2010 that will transform you. It won't be easy, it will involve sacrifice - but what transformation doesn't? How? By setting an unreasonable target.

George Bernard Shaw once said, "Reasonable people adapt themselves to the world. Unreasonable people attempt to adapt the world to themselves. All progress, therefore, depends on unreasonable people."

This isn't something you'll normally find coaches suggesting - goals are supposed to be achievable and realistic. But who defines what is achievable and realistic? In the main that's you. Setting a goal that is at the very limits of your possibility is a way to stretch beyond the limits of your belief and create a situation that will force you beyond your boundaries and make you reset your training regime. It will cause you to wake each day and ask yourself, "How am I going to live today in order to create the tomorrow I'm committed to?"

Whilst thinking about this article I was on my way to my Wing Chun Kung Fu class. Now I'm the first to admit that I'm not the fastest at picking up a physical skill - it's one of the things that got me into the mental side of sports - so whilst I love Wing Chun, I haven't picked it up very quickly. I realised that this was an opportunity for me to be unreasonable. I asked my Sifu, Ross Sargent, what was the furthest I could get in terms of gradings. He said, "I think the fourth grade would be doable."

"Yes," I replied, "But is that my limit?" When Ross conceded that it would be sensible to aim for the fourth grade, but possible to get to the sixth, that became my unreasonable expectation. It flies in the face of my current speed of progress, which is the whole point. If my target is expected to be achievable, how does that help me increase my focus, harness my motivation or excite me?

Pushing the boundaries to make a change

Clearly things have got to change if I want to reach my target. When people talk about goals, they inevitably focus on what they want that they don't already have. However, it can also be of enormous benefit to audit what you already

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doing it? This magazine contains state of the art information every issue, but how long has it been since you incorporated any of it into your training? Much of your training audit will withstand scrutiny and remain a proven part of your approach, but some will reveal itself to be the product of habit and set ways of thinking.

Overcoming resistance to change

Our brain loves routine. I used the same weights routine for years - but I didn't question whether weights were really the optimum medium for what I wanted to achieve. It took working with a trainer with a completely different mindset to discover the benefits of plyometrics, isometrics, bodyweight exercises and Yoga in building usable functional strength that complements my martial arts.

So I urge you to periodically consider the opposite of what you believe to be true and examine your beliefs about training and diet. Ask yourself, "Is what I believe true? Is there an opposite perspective and what evidence supports it? You might be surprised at what emerges and takes your training in a new direction.

By the end of your training audit you may have recovered time in your schedule that you can use for more and perhaps more

have a purpose in their life are happier and healthier - irrespective of what that purpose is. So by committing to an 'unreasonable' target and adjusting your life to make it possible, you change the way you feel about your life and become different from the drones around you. **UF**

About the author



Trevor Silvester is the founder of the Quest Institute which specialises in cognitive hypnotherapy and NLP and is one of the largest and most successful hypnotherapy training

institutions in the UK. His work with clients includes helping sports people improve their performance using mind body techniques. A published author and popular speaker, Trevor also runs a private practice in Harley Street, London. To order Trevor's books and audio downloads, or to find out more about Quest training, visit www.questinstitute.co.uk