

# How You Show Up: It's Your Choice

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Have you ever had this conversation with yourself? “I’ll start tomorrow”, or “It’s just too early to get up and exercise right now”, or “I’ve already worked a full day, I’m just too tired to do any more”. What about this rationale: “it’s just one bite, it won’t hurt me”, or “the donut I ate yesterday didn’t affect the scale at all, so I can have another one today”.

*Excuses* are everywhere; they are the backdoor to actually showing up as an adult and taking responsibility for our actions. Excuses allow us to play small, to play *less than*, rather than show up in our excellence as an adult, they allow us to put forth minimal effort so we never really have to achieve or accomplish anything. Take a minute and really listen to the excuses in the following dribble. “I have too much work/studying to do to eat healthy”, “I’ll do more tomorrow”, “I don’t like the taste of water”, “I don’t like vegetables”, “salads are soooooo boring, I’ll have a snickers bar”, “the grocery store is a mile away, I’ll go to XX for a quick burger”, “Since I already blew my eating program today, I’ll start fresh on Monday”. My all time favorite is “I have a BONE in my LEG so I can’t do cardio”. **Excuses! Hold us back!!**

A good personal question to ask is “How do I want to present myself? Would I prefer to display the attributes of an adult or a child? Do I want to show up as lazy, incompetent, undependable, throwing a temper tantrum, showing up late, or not showing up at all? Or would I rather present myself as Inspired, Motivated, Determined, Joy-Filled, Excited, Determined, Explorative, Adventurous, Focused, Positive and Validated, just to name a few.

How we show up in life is a CHOICE. How we present ourselves on a daily basis or minute-by-minute basis is a CHOICE. It does not matter if it is around our eating, our exercise, our conversations, our relationships, our job, etc. Being Lazy or Motivated is a CHOICE. Giving up on doing cardio or biting the bullet and giving it another 5 minutes is a CHOICE. Planning your meals or eating take out is a CHOICE. Playing small or Playing to WIN is a CHOICE. All it takes is *a step* in the direction you desire to BE, the rest will follow.

A great way to let go of and release attributes that no longer serve, is to write them a *Dear John* letter and Fire Them! Get out a clean piece of paper. Address it to yourself. Now put it all down in writing. State all of the reasons you are firing the aspects of you that hold you back. Be specific and thorough. Ensure these excuses do not receive “one more last chance” they do not get a ‘get out of jail free’ card and they definitely do not get a final paycheck. FIRE THEM! When your letter is complete, READ IT OUT LOUD. When you feel complete with this release, burn the letter.

Now, how would you like to show up??? What are the ways you desire to present yourself? What are the attributes you would like to explore and solidify within your personality? Take out a clean sheet of paper and create a list of these attributes. Each day this week, pick ONE word to explore for that entire day. BE that word all day long. How does that word/attribute FEEL? How does it dress? How does it speak? How does it listen? How does it fuel/feed itself? How does it exercise? How does it communicate? How does it express itself? As an example, if your word for the day is Magnificent, in how many ways you can demonstrate *your* Magnificence in your daily tasks, in your conversations and in your actions? What foods would demonstrate taking care of your health needs Magnificently? In what ways would you show up to demonstrate your Magnificence as you make your heart pump during a workout or cardio session? Can you recognize the Magnificence in those around you? The more you put your focus on Being Magnificent, the more Magnificent you will BE.

How we show up in life is a CHOICE. Always! What is your choice? Have you already started looking for a blank piece of paper to write your Dear John letter? Or have you created another back door?

NADINE is a *Naturopath and Holistic Nutrition Specialist* with over 30 years experience in the Health and Fitness Industry and teaches her clients the *Art* of building and maintaining lean muscle tissue as they drop body fat in a unique program designed for *them*. Nadine has coached all levels and genre of people and has taught a variety of programs including but not limited to Personal and Sports Nutrition, Sports Psychology, and Weight Lifting/Bodybuilding. Nadine is available for seminars and workshops based on availability. For more information contact **Dr NADINE** at 970-443-2541, email: [Nadine@CoachNadine.com](mailto:Nadine@CoachNadine.com) or visit [www.coachnadine.com](http://www.coachnadine.com)