



## Getting Beyond the Roadblocks

Before becoming a celebrity personal coach, I diligently worked in corporate America. Money was great! Neiman Marcus was my favorite place to shop. Sometimes, during an extended lunch break I would see my aesthetician for weekly facials, and manicure / pedicures. My credit was excellent and credit card offers in the mail was a weekly occurrence.

Payments for bills were in the mail before the due date. I could not be happier! On the surface, everything was perfect. Eventually, I knew this was not where I wanted to spend the rest of my working career. I did not want to retire with a watch and a pat on my back for all my years of labor and sweat.

When the company began offering a severance package, I was at a major roadblock. Thoughts began to run through my mind. Was I happy in my current position? Daily, I began contemplating to stay in this position with great money, or do what makes me happy.

Based on my current profession you can guess what road I chose. I decided to take a leap of faith and leap into a pool of uncertainty. With much prayer and guidance, I saw the bigger picture and forged on to my current destination. Were there times when I thought I made the wrong decision? Of course, but I pressed forward and moved forward in faith to my path.

The fear that I experienced before changing careers is often the fear that holds us back from reaching our goals. My 1<sup>st</sup> year in Los Angeles was a struggle. I desperately missed my family and thought I should turn around go back to Texas and get another corporate job. Texas was my safety net. I felt comfortable with my friends and my stable income.

A good friend spoke words of wisdom when the thoughts of returning home surfaced. He said, "It takes courage to see a better life and step out on faith." He was right. That courage meant I had to say "no" to weekly manicure and pedicures. The lifestyle I led in Dallas was no longer an option. It was scary because I did not know anyone else who made the same leap of faith.

I left a roadblock in Dallas only to face a bigger roadblock in Los Angeles. The same questions I asked myself before leaving my job and family was the exact question I asked myself in Los Angeles. The roadblock was jumping over that fear and landing into success. It sounds easy, but the journey was difficult. What journey in your life do you refuse to take because of fear?

- 1. Loosing weight will cause people to stare at me.**
- 2. Eating right is too expensive.**
- 3. I do not have time to workout.**
- 4. I do not want to get to skinny.**
- 5. I do not want to bulk up.**
- 6. You have to be rich to workout.**

If any of these excuses sound similar to any of your thoughts, you are facing a roadblock. Recognizing your fear is the first step to success. Simply admitting you are afraid will not motivate you to make changes. How can you move beyond what you fear?

**A. Start by identifying what you fear.**

When faced with a roadblock instead of taking action, because of fear of failure we do nothing. The definition of insanity is doing the same thing and expecting different results. I have a very dear friend and every time I would see her, she would give me details of her diet. Every other month I would give her the same advice. Today the fear of being alone and starting her life without her mate forced her to change her diet.

**B. Set a weekly realistic goal.**

If you are 30-40 pounds, the weight gain appeared slowly. There are no reports of individuals waking up one day and discovering that their clothes do not fit. Your weight gain and unhealthy habits are from years of unhealthy habits. When setting a monthly goal keep in mind that your weight loss will be as slow as your weight gain. So, be patient and realistic when setting your goals.

**C. Disciplined Focus**

Discipline is training expected to produce a specific character or pattern of behavior, especially training that produces moral, mental or physical improvement, especially to teach self-control. Focus is the concentration of attention or energy on something. Discipline focus means bringing all your self- controlled attention and energy to create patterns of behavior and habits that will enable you to reach your goals.

**D. Success**

To become successful in reaching any goal it must began with disciplined focus on one goal at a time. If you feel overwhelmed in your daily life make a daily schedule that begins from the time you wake up. Include eating, showering, chores, short-term goals, long-term goals and working out. Follow that schedule for a week. Find the self-control to follow that schedule daily. It sounds easy, but you will be amazed at how easy it is to make excuses for why you could not follow your schedule.

### **E. Why should you workout?**

Working out is much more than how you feel or look. It sets the tone and creates healthy habits for all areas of your life. Self-control in eating also creates disciplined focus that will spill over to other goals you set for life. The degree you want to get but just have not had the time to look into it.

The savings plan you keep telling yourself you do not make enough money to start saving. The organization you want to volunteer for but you just do not have time. You are in control of where your time goes. Due to the every-day task of life, we often forget to stop and evaluate how our time is spent. Make a plan for your future and start today.

*Madison Chase is a certified personal lifestyle fitness and health coach. Her background in fitness began with classical ballet at Julliard, School of American Ballet, Houston Ballet, and Fort Worth Ballet. She has a marketing degree from the University of Oklahoma and is currently working on her Masters in Exercise Physiology. This former NBC Fitness Expert and 3- Time ESPN fitness champion has worked with some of the best in the business.*

*Her clients include celebrities from Jadda and Will Smith hit show "All of US," and professional athletes with many NFL teams including the Dallas Cowboys, New York Jets and Kansas City Chiefs. She currently resides in Los Angeles and believes that everyday you should strive to be your best. For additional information on Madison, you may visit: [www.madisonchasefitness.com](http://www.madisonchasefitness.com)*

A handwritten signature in black ink that reads "Madison Chase". The signature is written in a cursive, flowing style. The word "Madison" is on the top line and "Chase" is on the bottom line, with a large loop under the 'C' in "Chase" that extends down and around.

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