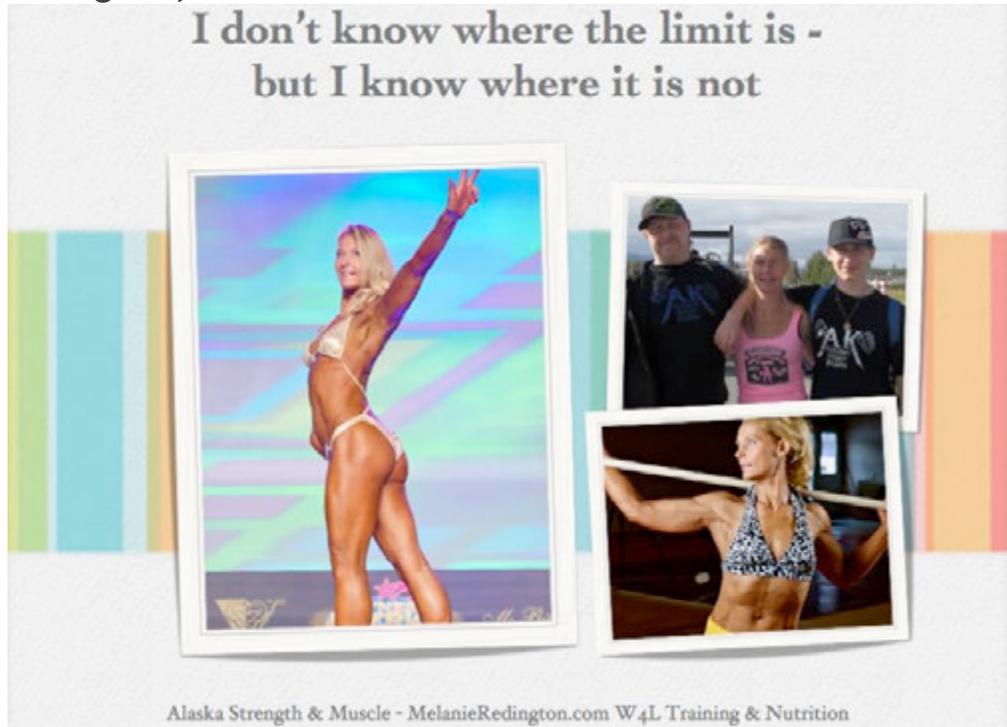


Alaska Strength & Muscle November “Exercising Courage”

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“People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily.” - Zig Ziglar

Lately I have been feeling like backing down, backing out, throwing in the towel...what was I thinking – I'm not good enough.

That is usually accompanied by the excuse bandwagon; I don't have enough time, there simply are not enough hours in a day, the list of to do's is too long, poor me, never mind just pour me..... I give up.

Then there's my son. Almost every night for the first quarter of school he is wrapped up for an hour or two with his Pre-Calculus book, which is standard according to his teacher for mastery of the content. That is just one class. He normally has work in three classes per school night. I think to myself do I push too hard. Do I set unrealistic goals? Do I expect more out of Jacob than I should. After all, I was taking General Math and Industrial Arts at his age

patiently waiting for school to end so I could get back to practice – whatever the season I had my sport to get to.

Doubt is keeping company with me of late – can you tell? Doubt is subtle. It enters like an invisible gas, testing your ability to catch a whiff and call it out. It provides you with all the support necessary to never begin, give up or quit. It will congratulate you for your status quo if you never up the rent and kick it out.



Good thing it's a new month. It's the perfect time to raise the rent on doubt. October is a transitional month – time to let go of Indian summer wishes and lazy or crazy light filled days. In Alaska the endless midnight sun is overtaken by the darkness that will prevail for the next several months. Frosty mornings are the norm and snow should be blanketing the bulk of the state sooner than later. Time to get out the happy twinkle lights to make the most of the backdrop.

November calls for a healthy dose of courage. The Holiday season is quickly approaching with all the emotions that accompany. Meanwhile I will tap into the security of my marriage and coach to keep a realistic perspective on my journey to compete at a National Physique level mid November. Although I am really good at

preparing I can struggle in the finish chute. I have been training and eating healthy consistently for over two years under the training of Wolfe4Life Training & Nutrition and that has re-shaped my entire body, mind and soul. I love to push myself, and I thoroughly enjoy 90% of competing and preparing to compete, even though stretches of doubt inevitably come up.

Thankfully, clarity about Pre-Calculus did come in the form of first quarter conferences. From Jacob's teacher's perspective he is doing well, grasping concepts and staying after to get help when needed. I don't mean this in any bragging way at all, but something... something... top student in the class was the jest of the conversation. And here I questioned if I was too hard on him. Perspective, it's relative to your own experiences. My parents were top notch but never pushed academics beyond getting passing grades and staying out of trouble. Now that is not to say that they did not push college. College was a given for my future, it was the only way to have more options than they had as blue-collar salt of the earth Midwesterners. I am the first college graduate in my family and I have great hopes and expectations that Jacob will exceed me in his endeavors. My point with encouraging Jacob to take difficult classes is to encourage him to develop a healthy self-esteem related to his intelligence.

The great thing about high expectations isn't that you always meet them, but more that you allow yourself the belief that your hopes and dreams have the right to become reality. Courage is equally temporary to motivation and a dose of it should be dispensed daily like a shower too. So cheers to you – say your dreams aloud and begin its path into existence. Rinse and repeat daily

