
GRAY MATTER

Newsletter # 6 – June 2008

Nothing of me is original. I am the combined effort of everybody I've ever known.
(Chuck Palahniuk)

ATHLETE SPOTLIGHT



BJ “The Prodigy” Penn

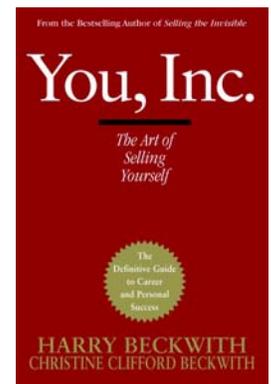
WHERE ARE YOU NOW?

We're halfway into 2008.

How far along are you with your health and fitness goals?

How consistent are you with your routines?

BOOK OF THE MONTH



I can tell you right now, at least 95% of the people reading this are NOT on target. The 5% left are shooting for their next level of success in their training.

Advice for the 5%:

Never be satisfied with yourself. Never think “I’ve made it”, “I’ve succeeded”, “I know enough”, “I know a lot”, “I know it all”. Never listen to those who brag and those that supposedly says there’s nothing new to them. Successful men and women know that they never know enough. Great men and women know that **anyone who thinks they know a lot – knows nothing**. A wise man or woman is focused on what they can still learn. Understand the exponential value of learning just one new thing and how that one new thing, when properly used can apply massive leverages in your life.

Advice for the 95%:

It begins from within. If you think you’ve failed over and over – or if you’re afraid you are going to fail some more – you are right – you will fail. Don’t try to reach the top immediately. Apply the 1% consistent effort rule. Attempt to improve by 1% over the next day. When it comes to training, aim to improve each session by just 1%. “Jumping up just an inch” can help you build new tracks and new roads to travel. Roads that will give you the results you want.

THE WORST THING YOU CAN DO IS FAILURE TO SEIZE AN OPPURTUNITY TO IMPROVE YOURSELF. WHY NOT BE ONE OF MY SUCCESS STORIES INSTEAD OF THE PERSON WHO JUST READS MY EMAILS AND NEVER TAKES ACTION.