

Struggling with compliance?

Having a difficult time staying “motivated”?

Keep messing up on your macros - and you don't know why?

Getting your mind right is super-important when you are dieting. Justification of lousy choices happens to all of us. It's very easy to.....skid off track accidentally.

Here are a few favorite articles that can help you get back on track - fast - if you are finding your “motivation” waning.

### [How To Develop The Abundance Mindset](#)

You cannot go through life worried about what you DON'T have. If you do, you'll never derive happiness from it. You are blessed - for many reasons. Focus on what you DO have, show gratitude, and begin to develop the “Abundance Mindset”.

### [How To Conquer A Lack Of Motivation](#)

Believe it or not, I'm not motivated AT ALL to train. I rely on habits. This article shows you a few, little “hacks” I use to keep myself on track.

### [Stress Management: Control Your Perception](#)

Your diet can be the hardest 12 weeks of your life, or a walk in the park. It's all up to YOU and how you perceive it. Change your perception for the better.

### [Re-Framing Your Fitness](#)

When you have a shitty scenario - a BBQ, a birthday party, a bachelor party - and you are going to try to be on point with it, it helps to keep a positive frame of mind. Use this simple regimen to frame your thoughts and keep perspective of the task at hand.

### [The “Dad Mindset” Is A Cop-Out](#)

This is for all the Dads out there. Need a bit of “motivation”. Read up. It's your duty to be strong and lean - and set a positive example for those little ones.

## [The Real Power of Meal Planning](#)

Motivation and willpower are myths - they are tapped very easily. In order to succeed in dieting, you have to STOP making choices all day - and meal planning helps you with that.

## [The Biggest Mistake You Can Make](#)

Slow and steady wins in the game of fitness. Trying to rush progress is the biggest mistake you can make. You are only setting yourself up for failure. Take the time, relax, and enjoy the process - live in abundance.

## [Fitness Traps To Avoid: Stupid Social Norms](#)

Who says you “have to” do certain things? Everyone - that’s who. But who creates these social norms? We get anxiety if we have to do something against the grain. And we are lifting hard and kicking butt - those are NOT normal in our society. Go against the grain. Be different. And rule your world.

## [How To Improve Your Adherence On A Diet](#)

It’s been said that the best diet on the planet is the diet you can stick to. Are you having issues with compliance and/or adherence? Here is your go-to tip list of how to get back on track. Spoiler alert: It has NOTHING to do with the actual diet itself.

