

## Real change doesn't happen overnight

Do you compare yourself to other people's gym selfies? I think we've all done it. Even if you're not comparing yourself to someone's Insta feed, chances you are measuring your progress against someone in the gym.

Measuring yourself against anyone else (especially someone's social media "best bits") can quickly lead to disappointment.

### So, let's put your own efforts into proper context.

Social media has distorted our view of what is real, attainable, and possible for ourselves. Even though we know that lots of those images are filtered, posed, and cherry-picked, we can't help ourselves. We want to look like that, lift like that, and transform like that... and we want it fast! It's all at our fingertips, so why isn't it happening that quickly offline in the real world of everyday life?

The truth is that results take time. Especially if you want to drop visible amounts of fat or put on a significant amount of muscle. It takes longer than a few weeks.

The key to success is consistency, discipline and finding a realistic balance. Use other people – or social media – as a source of inspiration to keep you motivated. But make sure the targets you set are yours, not theirs. And once you've got your goal in place, shift your focus away from outside influences and onto yourself. Trust the process, stick to your plan, and celebrate your little victories

Real change takes time, persistence, discipline and effort. It's a gradual process that requires commitment and consistency.

### How to use commitment and consistency to change your life?

Using commitment and consistency to make positive changes in life involves setting clear goals and sticking to them over time. Here's a simple guide:

✓**Set Specific Goals:** Define exactly what you want to change or achieve in your life. Make your goals specific, measurable, achievable.

✓**Create a Plan:** Break down your goals into smaller, manageable steps. Create a detailed plan that outlines how you intend to achieve each step.

✓**Stay Committed:** Commit to your goals. Remind yourself regularly why these goals are important to you and how they align with your values and aspirations.

✓**Establish Routines:** Build habits and routines that support your goals. Consistency is key, so try to incorporate these routines into your daily life.

✓**Track Progress:** Keep track of your progress. This can help you stay motivated and make necessary adjustments to your plan along the way.

✓**Stay Accountable:** Share your goals with someone you trust or consider working with a coach or mentor who can hold you accountable.

✓**Overcome Setbacks:** Understand that setbacks are a natural part of any journey. Instead of giving up, learn from your mistakes and use them as opportunities for growth.

✓**Seek Support:** Don't be afraid to seek support from friends, family, or professionals if needed. Support can provide encouragement and guidance.

✓**Adapt and Evolve:** Life circumstances change, so be flexible and willing to adapt your goals and plans as necessary.

✓**Celebrate Achievements:** Celebrate your successes, no matter how small they may seem. Recognizing your progress can boost your motivation.

Remember that change can be challenging, and it's normal to face obstacles along the way. The key is to stay committed and consistent in your efforts, and over time, you will see meaningful improvements in your life, and the more you put in the more you get out.

Don't focus on how long will it take you to change and transform your life but rather focus on being consistent every day, because every workout, every healthy meal will get you closer to achieve your goals, and trust me at the end it's all worth it and you will look back and be proud of yourself, proud that you invested and keep investing on yourself.

In the meantime, Lët'z Roar