



From Fitness to Family:

6 sins that can sabotage your goals and how to stop them

SIN #1: Pride

PRIDE: You refuse to listen to advice.

Whether you most desire flat abs or children with straight-A school records, it can be hard to admit we need help in certain areas. Pride can be our biggest stumbling block. Pride can be summed up as the "I know better than anyone else" disease. Men are known to suffer from this disease quite often but many women find it hard to take instruction as well. Even when we know what we are doing is not working, we may expend much energy arguing instead of facing up to our weaknesses.

REDEMPTION: Ask for help.

It is OK to not be a specialist in handling common challenges in life. Seek guidance from a professional or someone that has been successful in the area you are trying to improve. There are support groups available for most ordinary and tough problems. Ask for help, listen to expert advice and follow through. Don't let pride sabotage your ambitions.

SIN #2: Envy

ENVY: You covet what someone else has.

We don't have to look hard to find something of someone else's that we want. We can envy their spouse, their house, or their thin hips. The seemingly perfect bodies of celebrities, friends, and fitness instructors can be motivating in the short term, but if the admiration turns into jealousy, it can take your focus away from what will give you the most success -- concentrating on your own body and your own fitness goals.

REDEMPTION: Be realistic and responsible.

Staring down your co-workers brand new car with a jealous eye will not cause one to be delivered to your garage. Turn your covet-ness into commitment. Set attainable and inspiring goals to meet the needs of your family or excel your pursuit of physical fitness, if that is your desire. Focus on your life and your choices to support your success – however you define that.

SIN #3: Gluttony

GLUTTONY: Overdoing in one area.

You may think exercise will right all your diet and lifestyle wrongs, especially if you exercise to the extreme. Unfortunately, it won't. How many miles around the block will it take to make up for that large supreme pizza you had for dinner? Perhaps you hope one especially nice act of kindness to a neighbor will correct all the times you were rude to them. In our relationships, one genuine compliment does not undo all the previous harmful and disrespectful actions.

REDEMPTION: Seek balance and consistency.

While on a diet, simply doing more good, like healthy eating and frequent exercise, than bad may help you reach your fitness goals a little sooner. Our relationships are not so clearly balanced. It takes more positive interactions and kind words to make up for one outburst of anger or lost temper.

SIN #4: Greed

GREED: You have that proverbial all-or-nothing mentality.

Mothers are known for their passionate desire to be competent in everything from car-pooling and entertaining to chairing community committees yet some feel they are failing by not doing even more. We tend to think that if we can't completely *finish* a project, why even *start*? If we don't have time to do our usual 90-minute power yoga class, we tend to feel like working out isn't going to be worthwhile and blow off exercising entirely.

REDEMPTION: Be flexible.

Having an all-or-nothing thinking is a set up for letdown. Be flexible and create alternative options for when you do not have time to do it all. A fifteen-minute walk is better than just pondering the guilt of not making that yoga class. Our greed for perfection only restricts our path for self-improvement.

SIN #5: Anger

ANGER: You get steamed anytime you are outperformed.

When envy is combined with insecurity, the poisonous emotion of anger can emerge. A little healthy competition can inspire many people to try harder than they ordinarily would and achieve new goals. But if you find yourself getting irritated when your pals are better than you, or if you find yourself pushing to the point of total exhaustion just to win or even keep up, this competition is no longer healthy.

REDEMPTION: Make your goals all about you, your values and your own results.

Focus on your own progress rather than how you compare to others. Set realistic short- and long-term goals for yourself, and measure yourself against *these* goals. Don't allow the sin of anger to sabotage your efforts.

Sin # 6 Sloth

SLOTH: Lazy, sluggish and idle.

Inactivity does not enhance any goal but to get rest. Many times we can have great ideas toward achieving our goals but simply become lazy in our effort. All the planning and daydreaming in the world won't bring that dream body or dream house for which you've been longing.

REDEMPTION: Take action.

Bring your dreams out of your head and into your life! Behave your way toward success. Your energy and enthusiasm will take off, but you must first take some action. Even a small step will move you in the right direction. Every action you take today will move you either toward or away from your goal. Don't let sloth be a sin that keeps you stuck! Do something positive today.

For more information about improving your physical and emotional health, contact Centerstone at 615-460-HELP (4357).