



The Lifestyle Guy

Garth Delikan

The Lifestyle Guy

Top 10 Essential Lifestyle Commandments



Essential Life Commandment No.1



THE
GARTH DELIKAN
ACADEMY

(1) The body will always follow where the head leads

If you think you can, you can!

If you think you can't, you won't!

Whenever you make that final decision within yourself to take action, your body automatically follows suit and great things can be accomplished because mind and body are working in "harmony" with each other.

Everyday day of our lives we're making constant decisions, some of these are made consciously i.e. "get in the car", "let's go shopping", "get ready for bed" etc., and sure enough as you make these decisions, the body will follow suit.

But at the back of our minds in our unconscious, we are also constantly making decisions that will influence our everyday lives, and probably in a much more significant manner.

This is the part of our brain that really does govern our lives, the "navigator" as opposed to the "pilot" of our conscious mind, the part that drives and directs us and it is in this part of our mind that every decision we make influences our every waking and sleeping seconds.

It is the inner voice that we use constantly to talk to ourselves, and depending on how we have conditioned this part of our mind over the years we are always listening to it!

So if you are forever berating yourself, or telling yourself "you can't do this" or you "can't do that", sure enough, your unconscious mind will convey that message to your conscious mind and you will inevitably follow through, either in a positive manner or a negative manner.

If you think, "you can" you can!

If you think, "you can't" you can't!

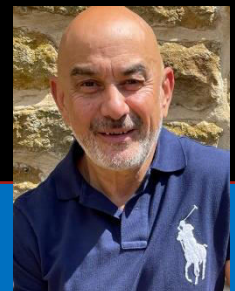
It's as simple as that!

So wouldn't it make sense to completely re-programme the software that is your brain and Talk to the part that influences your every move, thought and decision (unconsciously)

during every waking and sleeping second and actually make it work for you.

Imagine making life shaping positive decisions even when you're asleep, and your mind and body following through because you have "rewired" your neural pathways.

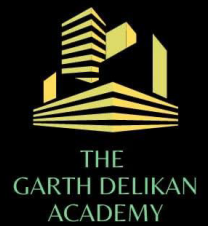
Instead of going down the constant "negative" pathway that they have been used to, you are now forming much more exciting "neural" pathways to "positivity" which will only increase and get stronger every time you use them.



Change Your mindset Change Your Life – The Complete Lifestyle Program – garththelifestyleguy@gmail.com

Essential Life

Commandment No.2



(2) You can't "spot" reduce a body part

Contrary to popular belief you can't "spot" reduce fat from a part of your body.

When you lose weight, you lose it from all over your body because you reduce the fat cells throughout your system.

Working out, with weights or against any kind of resistance will help you to tone up and firm certain areas, as will any aerobic based workout in conjunction with a specifically planned workout programme that works in tandem with a calorie worked out eating plan.

It's been a common myth for many years and has also been buoyed up by numerous articles in popular "glossies" and also on television that if you want to lose your "gut" or tone up your tummy you have to do countless amounts of crunches and waist exercises and that these in turn, if you are diligent, will give you "washboard abs".

All this kind of procedure will get you is a sore tailbone and create a "boredom" threshold so great that you will never want to work your abs again!

It is only recently that the media has cottoned on to the fact that abs have to be worked in conjunction with a sensible eating plan.

It also totally unnecessary to be doing countless numbers of reps in the hope of shrinking down that waist, it will just never happen.

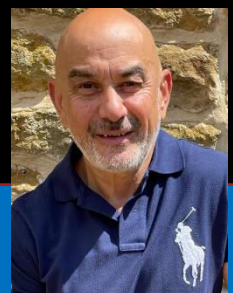
The abs and waist section are just like any other muscle group and to enable those abs to show up how you would like them to, you have to work them against resistance just like any other muscle group.

In other words, you have you have to build the muscle first in order to be able to show it. Aaargh, I hear the cry", but I don't want to end up looking like one of those bodybuilders with all my veins sticking out"! Keep hallucinating, it will never happen, not unless you want to work out for 3 x hours a day, eat more protein than is really good for you and become chemically enhanced.

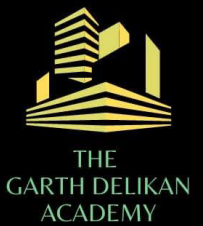
Working your abs in the 8 to 12 rep range and constantly squeezing the muscle, not going up and down like a piston will build and tone a set of quality abs you can be proud of.

An intrinsic part of any abs routine and oft overlooked is the fact that you need to work your core muscles as well.

These are invisible muscles, which are akin to your bodies "inner girdle" and are used in virtually every movement you do on a daily basis.



Essential Life Commandment No.2



(2) You can't "spot" reduce a body part

Once you have acquired your abs, the only way to show them off, is to remove the layer of fat that is covering them, and this done by adding a certain amount of "cardio" to your routine and adjusting your eating habits.

This will involve a reasonably high intensity 20 x minute session of "interval" training twice weekly, which is a very efficient way for your body to burn fat.

It even fires up your metabolism for up to a 12 x hour period afterwards, even when you're sat there watching TV!

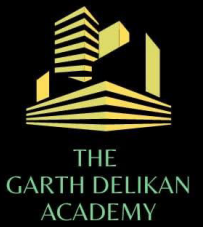
How good is that?

It will also require 1 x session of a low intensity cardio session to increase endurance and to also burn fat.

Nobody ever said it was easy and would involve no effort on your part, and if anybody tells you differently, they're lying!



Essential Life Commandment No.3



(3) Knowledge isn't necessarily power

It's whether or not you use that knowledge, that's where the real power comes from. Just knowing something doesn't automatically mean your going to get results of any kind. It's utilising that knowledge intelligently and making it work for your own purposes that works.

Too many people know what they should do, but how many actually do?

You meet people all the time who have the knowledge, they're always willing to pass on their "knowledge" and advice to other people but when it comes to their own well-being or achieving goals within their own lives that's when they fall miserably short.

It's easy to be a "pocket book philosopher" but unless you utilise it there's no point to it. What are you going to do, save up your knowledge to answer questions on TV quiz show, where's the accomplishment in that, the feeling of fulfilment?

If someone tells you that their lives are unfulfilled or that they are in a terrible relationship or that they really hate their jobs and you ask them what are the reasons for that, more often than not they'll know the answer to their own predicament.

Isn't it surprising that everyone will know the reason and isn't it realistic to say that everyone will know what to do to address the situation, but they don't.

It's a little bit like breaking down in your car, waiting for the AA man to turn up and repair your vehicle so that you can get on with your journey but when he turns up with all the tools for the job, he then proceeds to tell you what needs doing to get going again, then doesn't do it, get's in his vehicle and drives away still leaving you stranded.

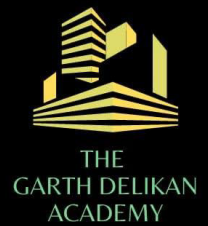
That is what people are doing to themselves on a daily basis.

Isn't it time to empower yourself?



Essential Life

Commandment No.4



(4) Contrary to popular belief, to lose weight you must eat more often.

Unless you're grossly obese, it's a common mistake to believe that you have to "starve" yourself in order to lose weight.

Not only is this wrong, it can be damn right dangerous.

Once you start "starving" the body of calories it automatically goes into "famine" mode. That is, it actually starts to slow down to conserve energy and the fuel that it uses for everyday functions, i.e. walking, talking, breathing, sleeping is in fact "lean" muscle tissue.

The fat is left alone as a reserve fuel because it is the slowest burning fuel in your body and becomes a precious commodity.

Eating little and often teaches the system that fuel, i.e. food, is readily available so there is no need to conserve fat stores.

The effect of eating "little and often" (also by slightly increasing your protein intake and slightly reducing your carbohydrate intake) creates a thermo genic effect within the body which raises body temperature.

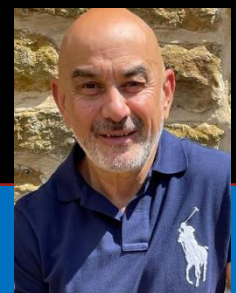
In essence you are raising your metabolism which get's you leaner quicker and helps you to burn calories. What you also have to remember is that one pound of fat on your body, is literally one pound of fat, It serves no purpose and it does nothing for you, it is a complete "dead" weight that you are carrying around with you.

In contrast, one pound of muscle on your body burns 50 x calories a day even when you're sleeping or sitting down relaxing.

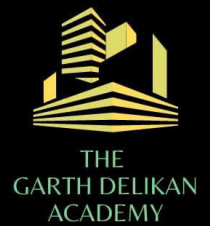
Eating little and often also helps to keep your blood sugar nice and constant and even, so you have no "energy highs", which are quickly followed by "energy lows", because your body has a constant supply of the nutrients that it needs.

They are readily available so have no need to cannibalise lean muscle tissue for fuel, and because you are feeding your body at regular intervals, you immediately teach it that it has no need to conserve fat as fuel because you are supplying it with everything that it needs.

Ergo, a fantastic metabolism and a wonderfully lean and trim body!



Essential Life Commandment No.5



(5) If the desire is there, you can truly achieve

Only by truly wanting something with every fibre of your being, by feeling it, visualising it, hearing it, can you really achieve what you want!

Wishful thinking just doesn't make it happen.

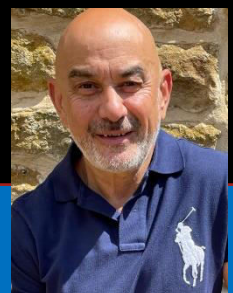
How many times have you heard people chant that old mantra, “I wish” or “if only”! Constantly “wishing” for an event to happen or “hoping” that some day this will come true, is just that, wishful thinking.

Nobody ever got rich or slim or successful on wishful thinking.

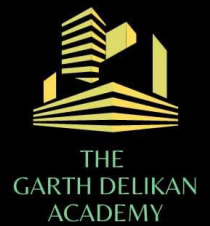
Of course the thought had to be formulated first and maybe that came to the individual as a “I wish or I hope” but unless you actually want that thing so badly that you can hear, taste, feel and see it and you make yourself so dissatisfied with the fact that you haven't got this thing that you simply have to take some kind of action to attain it.

That is true desire, straight from your “heart” and once that message has been received and acknowledged by your unconscious mind you will begin to formulate a strategy that will quickly attract events and situations and people to attain that goal.

What the mind of man can conceive, man can achieve!



Essential Life Commandment No.6



(6) Consistency is the key to everything

Only by doing something on a regular basis will you be able to attain anything in life.

FACT!

Consistency is like a regular rehearsal in as much as it sets and forms new neural pathways within your brain, making the task easier and more fulfilling and pleasurable every time you do it. It's like taking small steps.

Remember Confucius: "A journey of a thousand miles begins with the first step".

What he should have added, was that you also needed to keep walking on a regular basis to progress towards your ultimate destination.

Think about it, even when you get up in the morning you have certain rituals that you have to go through to begin your day.

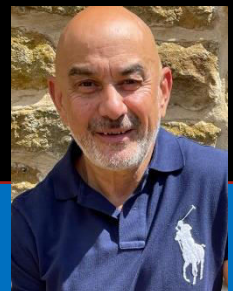
You have to get up, you go to the loo, clean your teeth, shower, have breakfast, get dressed, travel to work, look after the children.

This is an unconscious and ritualistic part of your life that is "consistent".

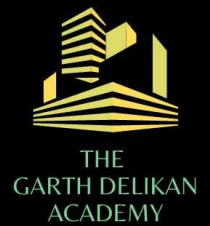
If you ever find yourself breaking that "constant" you will probably find that things don't seem to follow your normal pattern for the rest of the day.

You must rehearse on a regular basis so it becomes a much a part of you as cleaning your teeth. Once you start to be "consistent" it will make your new behaviour become familiar to you.

To do anything well or to achieve some goal on a regular basis or to move closer to what you desire things need to be done consistently!



Essential Life Commandment No.7



(7) Emotions and feelings need to be heeded, listen to what they are telling you

Emotions and feelings are like little warning bells telling you that something needs addressing in your life.

For example, if you are having anxious feelings regarding an upcoming meeting or presentation, listen to what your “unconscious” mind is trying to tell you.

It’s not necessarily a “bad thing”, perhaps it’s trying to tell you haven’t prepared enough.

Listen to its message, address and let it go.

One of my favourite comic book characters is Spiderman, and one of the things that lets him know when he is in danger or he needs to pay attention to something significant is that his “spider sense” starts to “tingle”.

Now you don’t have to be a comic book character to have that inborn sense or “tingling”, we all have that feeling of the “hairs standing up on the back of neck” or a massive “palpitation” of heartbeat, or just an feeling of being “anxious”!

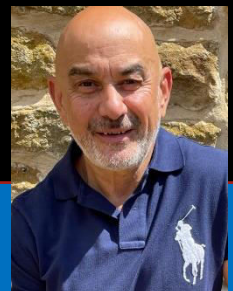
These are all natural processes that the body and mind have evolved over time to let you know that something needs to be looked at or addressed.

Perhaps the “hairs standing up on the back of neck” means that you are very uncomfortable going into a certain situation, the anxiety and palpitations could be caused by fear, tiredness, or too much caffeine.

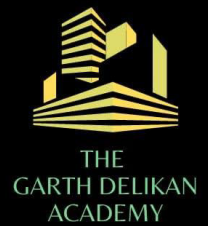
Maybe you’re smoking too much, or you’re worried about impending events.

One thing is certain in all these situations, your body and your unconscious mind knows you inside out and it’s trying telling you something.

Listen to it!



Essential Life Commandment No.8



(8) A certain amount of pain is necessary to achieve the pleasure of achievement

To be able to move on from a certain situation or to be able to tackle difficult issues in your life, you sometimes have to feel the "pain" of that situation very acutely.

Only by feeling very uncomfortable with something can you then act to change it for the better and feel the "pleasure" and "empowerment" that positive change can bring into your life.

Bodybuilders or any top level athlete use the analogy of the "pump" or the build up of "lactic acid" as being painful yet they endeavour to feel that "pain" every time they go into the gym or train.

It's not because they are completely insane, it's because they equate the "pain" of the pump with a significant amount of muscle growth and development, without which they cannot move on to the next level that they need to in order to progress their careers and more importantly, move forwards!

Not only will it make them bigger and faster but also it will enable them to win contests, which in turn, for a professional bodybuilder or any athlete is their reward or "pleasure".

It is also necessary for an individual to feel that same kind of "pain" whether it be physical or mental, to be able to attain their level of "pleasure" or to reach their "goal".

To be able to pursue or achieve a goal, particularly if you are very unhappy with your life or a situation or an emotion, you really have to feel and experience the emotion at a base level.

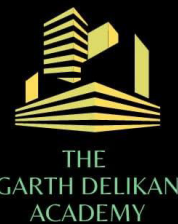
Only by feeling very dissatisfied and unhappy, in essence, feeling the "pain" will you be able to gain the motivation to do something positive and take positive and congruent steps to change things for the better.

No pain no gain!



Essential Life

Commandment No.9



(9) The smallest changes can lead to the biggest differences

You don't have to reinvent the wheel.

Sometimes it's about making it move at a slightly different speed.

Making changes in life doesn't have to mean huge changes!

These can in fact be detrimental because the bigger the change you make in your life the bigger the impact it's going to make and the harder it's going to be to stick with it.

The smallest changes are the easiest to stick to and you can begin to see gradual change as you slowly adapt.

Again, using a sporting analogy.

If you were a weightlifter or athlete and wanted to be able to bench press 500 pounds or be able to run faster you wouldn't immediately on your first visit to the gym or running track get underneath a 500 pound barbell or try to sprint 1000 metres in under 5 x seconds would you?

Logic and common sense tells you that not only would it be foolish, it could be downright dangerous!

So why is that people are always setting themselves "unrealistic goals" by trying to achieve something that will usually take months or years or by trying to unravel months or years of neglect or self abuse in one simple session or a few short days.

It just doesn't make sense.

Like the weightlifter or athlete wouldn't it make sense to take much smaller steps?

Start off say with 100 pounds or start off by running a shorter distance and then slowly each week add small increments of weight or distance, building up your physical and mental strength in small bite sized stages and slowly but surely conditioning yourself at the same time for the bigger, more significant changes to come.

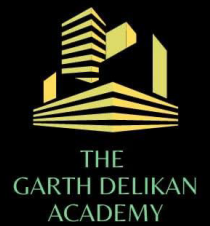
It's exactly the same with any physical or mental changes you want to make.

If things are done at a sustainable pace and not rushed, you allow yourself to mentally and physically adapt, you will find that the changes you long for are much more permanent and sustainable.

Remember, there is no such thing as a "fast fix!"



Essential Life Commandment No.10



(10) Motivation doesn't come from waiting, motivation is caused by action

Waiting until you feel better tomorrow to start something isn't going to work!

Tomorrow never comes!

Motivation is precipitated by taking action!

Action creates energy, energy drives you forward!

How many times have I heard that old mantra, I'll start that tomorrow when I feel in a better mood or I'll start my diet next week because I'm feeling a bit low this week.

I've got news for you people; it's never going to happen!!!

Only by taking control of our emotions and saying NO, not another hour, day or week will pass! I am going to take action now!

Once you have made that leap of faith you will find yourself amazed at the sequence of events and people that come into your life that will help you attain that goal.

Because you have sent a clear and concise message to your unconscious mind it has now in turn, sent that signal out to the universe and you will find that not only your body language will change but also your attitude and the way you speak!

People will notice these changes in you, which will in turn fuel your motivation, turning it into araging fire within yourself that will make you more creative, focussed and able to take charge and achieve exactly what you want to achieve.

So the question you have to ask yourself is, WHAT AM I WAITING FOR?

