

UNDERDOG

MINDSET HACKS PROTOCOL

Motivation vs dedication

Motivation is that excitement that gets you started, pumped up to chase your goals, but like all things, it doesn't last forever. That's when most people give up. Having no motivation makes it hard to choose doing the right thing. You can just go hang out with friends instead or watch tv, it's ok if you skip one workout or go out to eat some food instead of following your macros for the day. That's when your discipline starts getting weaker, the more you take the easy route the harder it becomes to be disciplined. Soon you will forget why you even started and go back to old habits, feeling the same, unmotivated by not seeing results.

Once motivation fades, dedication to your goal and the vision you chase will be the systems that truly determine the extent of your results. Following a plan rather than sporadic effort always yields better results in the case of physical transformation.

Have a plan

If you are truly dedicated to making a change then you should have a plan to execute, not just a vague goal. A plan that tells you what to do and when. Simply eating healthy if you want to lose weight won't work, everybody has different caloric requirements and activity levels. Do you think success comes by chance? By putting effort into something only when you feel motivated? **NO**, success comes from consistency. No matter how many motivational videos you watch or how pumped you are to go after your goals, nothing will change unless you take action, get out your comfort zone and stick to a plan long enough to have results.

Hope to see you shredded,
Raz