

**Smack - Smack - POW!** By Rob Crenshaw, NSCA-CPT.

So the new year is in full swing by now and I decided to do some new things. Not resolutions by any means, just a new way to look at the way I do things already, with a few new things added in. Besides, making "new year resolutions" now would be like setting the meeting's agenda 5 mins into the meeting. Forgive me for going off on a tangent here, but I resolved 3 years ago not to make any more new years resolutions. So far this is the only one I have kept! Ever!

Ok, back to what I was rambling about... Now that I don't have resolutions once a year, I typically will either take time to review my life and decide where I am or I will be forced to look at my life and make some changes. This is one of "those" times. The time where life smacks you in the face, makes sure you are looking it in the eye, and then smacks you in the face again. But before you can look it back in the eye, it socks you in the gut until you cry "Uncle!"

Ok Life... I get it, I'm awake now and looking. What do you want me to see?

Today's lesson: Stop focusing on the obstacle, it isn't even on the right path anyway!

I have a vision, a dream of what I want to do. I know what it is and I feel I am heading right for it. I made a recent change that I thought would keep me going in that direction, and it is doing just that... EXCEPT... (I love that word...) Except that there was this obstacle that appeared in my periphery. Just like a horse without blinders, I headed right towards it. This obstacle was going to stop my progress, and keep me from reaching my dream. I looked for ways around it, I pleaded with it to go away, and it just got bigger. Momentum came to a screeeeeching halt. Nothing was moving, it was like the temp dropped to absolute zero.

That's when it happened, **SMACK - SMACK - POW!**

**And as I was falling to the ground, jaw flapping in the wind like it wasn't attached, the natural twist to my body from the impact turning my head around, I saw it... There I lay, looking at the path I had been going down, happy as a lark, clear of any obstacles. And not only that, but just down the path a bit further is this bigger path.**

**Now, those that know me can attest to this... As I was growing up, I wasn't one of those people who felt or even thought that I was destined for big things. I just went through each day doing what I thought "normal" people did. You get up, go to work or school, come home, complain about it, go to bed, rinse and repeat. It wasn't until very recent... see "POW!" above... that I feel that I am destined for something big... much bigger than what I am doing. I have had people tell me that I am and that I would be doing great things. So now, I am back on the right path. I have put my blinders on and I am leading the horse, not just riding it.**

**What I am doing is nothing new. New to me, yes! But it is something that people... successful people have been doing for centuries. I have read about it, heard about it, seen it... but for some reason, I haven't done it. Now is my time.**

**When will NOW be your time? Don't wait until life socks you in the gut. What is it that you want? Decide what you want for your life, put the blinders on and focus on that path! Do you want a healthier life style? Then everything you do is a choice and you can choose the healthier option... one choice at a time.**

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