

# YOU ARE PRIMARILY **THE THINKER**

Being a thinker in the gym has some great advantages. You're great at taking a lofty goal, doing the necessary research and footwork, and tackling it step by step. Unfortunately, you can also be your own worst enemy at times.

Here are the hurdles that might be keeping you from achieving—and holding onto—your dream physique.

- 1 IMPATIENCE.** You analyze a plan according to how it is “supposed to” work, and often conclude too soon that it’s not working for you.
- 2 ANALYSIS PARALYSIS.** You keep adding additional workouts and customizations to your program, and you end up exhausted, discouraged, and perhaps injured.
- 3 EXTREMISM.** You throw yourself into unsustainable nutritional or supplement schemes that are beyond your budget, or just not a good fit for your lifestyle and abilities.
- 4 PERFECTIONISM.** You're prone to skipping workouts when everything isn't “just right.” Maybe you forgot your pre-workout, your music, or a piece of gear, for instance. Same for nutrition: If everything isn't perfect, you take it as an excuse to eat junk.
- 5 AMBITION.** You're unrealistic in your aspirations. You set goals that are too lofty or extreme for your abilities, age, or the amount of time you have. Then you beat yourself up when you can't achieve them.

## GET REWIRED

Over the nine weeks of the Rewired Trainer, here's what you're going to work on.

**Slowing down.** Everybody knows the saying about the journey and the destination. For the next two months, you're going to really focus on enjoying your time in the gym and opening yourself to *the experience of training* rather than just the *results*.

**Connecting.** It can be lonely being the thinker. You might think social networks are just for sharing inspirational photos, but they can also be a fantastic place to work through problems and make good use of other people's expertise.

**Simplifying.** Sometimes more isn't the answer. Your body can handle so much at one time. The same goes for your life, your schedule, and your attention span. For nine weeks, simply follow the Rewired program without any customizations or added work. Do the work, do it hard, and see what happens.

## WHAT TO DO NOW

**Write a letter to yourself.** Using your BodyBlog or whatever medium is most comfortable for you, write a letter to yourself that lays out three things you want to work on over the next nine weeks, why they matter to you, and how you're going to make them happen. Your letter doesn't have to be long, but it has to be real. Share it with someone if you want, or keep it private if you need. But do it, and keep it someplace where you'll see it regularly.

**Start tracking.** Consistency has been a problem for you in the past, and the answer is to start keeping track of your progress in training, nutrition, and supplementation. Leave nothing up to chance! BodySpace offers workout trackers and plenty of other tools to help you stay on track, as well as a community of millions of people to help keep you accountable. Sign up for an account if you haven't already.

**Post to Fitboard.** Fitboard is Bodybuilding.com's one-stop inspiration station. It's where you'll get the biggest laughs and the hardest truths on our site. Make a habit of posting and visiting there regularly, and you'll be rewarded with gems of wisdom that seem custom-made for you—like that slow progress is better than no progress.