

Sara Redman is a Director of BodyZen. She is a wellbeing coach, corporate speaker and Pilates instructor.

Raising the bar

Working in the personal development industry gives me plenty of opportunity to witness people choosing to step up in their lives, and doing so successfully.

Each of these times I find inspiration in the capacity of human beings to achieve amazing things when they put their mind to it. And the latter part is really the key - putting your mind to it. When we make a decision to aim for a particular accomplishment or outcome, it is then and ONLY then that we start to move towards it. Before the point of decision, we remain in our comfort zone, much like looking at a road map without any idea of where we want to go. Once we choose our destination, we shift into action.

There is nothing wrong with staying in our comfort zone at times; in fact sometimes it really is the best option for us. It is however useful to hold the awareness that at any one time we can make a conscious choice to change things in our lives when and if we want.

You know when you go to perform a task, undertake something, and you decide before you commence what energy or what exertion level you will apply. You then stick to this. This is a truly conscious choice - even if we deny it. If you are feeling tired, you may switch it down to low, and then think about stopping during

the activity. It is incredibly liberating when you bring into your consciousness the awareness that you can take it up a level if you choose. Then if you have the motivation or desire to step up - bingo - you can do it.

Recently I was reminded of the power of conscious choice and although the outcome was not earth shattering, for me it felt nothing short of exhilarating. I was at the gym with my partner, about to run on the treadmill on a random program that he had set for me (I must mention that I am by no means a natural runner). The program was set up for 15 minutes at a 6 incline on a 10 speed. My partner was on the treadmill beside me and he said he didn't think I could do it, which provided me with the challenge I needed. I instantly decided I was going to prove to him that I could. (Note to self - I still have white line fever). So off I went climbing quickly uphill, lengthening my stride to keep up with the machine. I pushed myself along mentally, imagining how good I would feel once I had achieved this challenge. I focused on my breathing to keep me going. I wanted to stop over a

dozen times and tried not to focus on how incredibly hard it was to keep running. Despite the struggle I was experiencing I was already feeling a fire in my belly about rising to the challenge.

When I got to the 15 minute mark and slowed down to a walk, what I felt was pure bliss. It was not just the physical energy that I had spent, and the muscles I had used, it was the mental challenge that I had set for myself and achieved. Success! I could not stop thinking about how we always can at any time choose to raise the bar, in exercise and in all areas of our life. It is always within our means, within our control -we just have to make the decision!

With this awareness refreshed I hope to apply it a bit more to my life. I have found myself raising the bar in simple daily choices like when I go to bed, and when I get up, whether I meditate or exercise, how quickly I walk up a big hill, how alert I am when I am with my son, how mindfully I eat, how I deal with my emotions, who I choose to spend time with and the list goes on. What is one way you can raise the bar today? ■

"When I got to the 15 minute mark and slowed down to a walk, what I felt was pure bliss."



What are you missing out on in your own backyard?

Tasmanian
Travelways
ESTABLISHED 1960

www.travelways.com.au - Fast, easy bookings

The ultimate Tasmanian Holiday Planner

Your first choice when booking Tasmanian accommodation, tours and attractions.

visit www.travelways.com.au for live bookings + events calendar
+ travel stories + online Travelways magazine + much, much more!

