



tantly, the costs, of achieving their goals. Let me use a simplistic example to make my point: I bet you don't view making your next mortgage or rent payment on time as a goal. Why? Because it *must* be done, that is, if you wish to continue living at your current residence. You've clearly considered the costs versus the benefits of making that payment on time, and you're absolutely convinced that the benefits of making the payment clearly outweigh the costs of not making the payment. Therefore, it's going to happen—it's not even open to discussion. Even if you're

broke, if there is a way (and there almost always is), you'll get that payment sent on time.

When your physique goal becomes as important as that mortgage payment, it'll get done, won't it?

3 MATURITY

Maturity is a trait composed of several components, but for the purposes of this article I'd like to focus on the idea of *delayed gratification*. It's a skill that very few people possess, verified by the fact that less than 5

percent of people are financially secure by retirement age, despite the fact that only modest contributions to a retirement account, made every year, can easily assure a comfortable retirement.

As a child, when you earned 50 cents for a lost tooth, your immediate impulse was to find whatever you could, no matter what it was, that you could buy for 50 cents. You wanted the payoff immediately. Hopefully, as you got older, you realized that if you saved your money for a period of time, you could accumulate enough of it to buy something more meaningful. That's delayed gratification in a nutshell.

This concept readily applies to training and eating right because the results of your efforts are far from immediate: You'll need to pay the price first, then wait for the reward. In other realms of life you might find ways to shortcut this universal law (for example, buying things on credit rather than waiting until you can afford to pay for them), but the consequences are steep.

Note: You might start to notice at this point that these concepts are highly synergistic—for example, the ability to delay gratification depends on the ability to create unwavering belief—your belief literally becomes the fuel necessary to delay your gratification.

4

SOCIAL APTITUDE

I don't care how much of an introvert or a loner you may be, or think you are, you can't reach high level success on your own. You need to surround yourself with others who share your goals and commitment to them. And the more spectacular your goals are, the more you need this support. By definition, winners are people who pursue goals that most other people would consider to be impossible. Recently a friend of mine joined a powerlifting club, where he quickly noticed that he was by far the weakest person in the gym, despite being fairly strong by any other standard. Within a month my friend had added more than 100 pounds to his lifetime best squat! How? Well, he learned some technical pointers for sure, and he trained very hard, but essentially, he got stronger by osmosis. In other words, just by being in the presence of a lot of guys who were far stronger than he was, just out of pure intimidation and (probably) embarrassment, he got a lot stronger very, very fast.

Whether it's a matter of finding a good training partner or joining a coaching group, find people who share your goals and commitment. This can be one of the most result-producing decisions you ever make.

5

OPEN MINDEDNESS

The worst path to take is doing the same things over and over and expecting a different result. If what

Don't confuse motion with progress

you're doing now isn't working, do something different—anything different. Even if it's a total stab in the dark, statistically, it has a much better chance of working than what you're already doing. What you're looking for can't be found where you've already looked. Explore new alternatives. Create little exercises to get yourself out of your normal habits. For example, train in the morning instead of the afternoon. Eat whenever you're hungry instead of the textbook advice of every three hours. Work out in your jeans instead of worrying so much about what you wear. Ditch the belt and wrist straps. Try eccentric work or sets of 100. Take up powerlifting or Olympic weightlifting. Get involved in masters-level sports or sign up for a physique challenge, such as the Body-for-LIFE contest. Hopefully you get the idea, which is to get out of the rut, change your everyday routine, shake things up a little. After all, if your present way of doing things is working great for you, you probably wouldn't have read this far. But the fact that you're still with me strongly suggests that you're seeking a better way. And the first step in finding that better way is to find a *different* way, no matter what it may be. Worry about refining it later. After all, it's a lot easier to go from "something" to "something better" than it is to go from nothing to something.

In addition to the five traits we've just discussed, I'd like to add another very important thing for you to consider: don't confuse motion with progress. Just because you're doing your workouts, taking your supplements, reading the magazines or spending "x" number of hours in the gym doesn't ensure progress by any means. You've got to do the right things on a consistent basis to get the desired result.

Editor's Note: You can order Coach Staley's new book *The Ultimate Guide to Massive Arms* by calling (800) 519-2492 or by logging on to www.EDTSecrets.com. ←→

Charles Staley is known as the "Secret Weapon" by his Olympic and professional athletes for his uncanny ability to see what other coaches miss. Charles has written hundreds of published articles in a number of popular magazines and is in constant demand by the media for his dynamic interviews and unique ability to clearly explain his subject to varied audiences. Subscribe to Charles' FREE monthly newsletter at <http://www.mydynamics.com>.