

To Commit or Not

“There is a difference between interest and commitment. When you are interested in doing something, you do it only when it is convenient. When you are committed to something, you accept no excuses; only results”- Kenneth Blanchard

As most of you do, I woke up today and went through my daily routine of getting ready for the day; shower, dressed, ate breakfast, weeded through my email, caught up with the daily news and browsed through my social media (I know you all at least did the last part).

The quote above came across on the NSCA Instagram page and it really got me thinking. We all say we are interested in one thing or another. Movies, music, sports, our significant other. We are interested in those things and maybe even committed to one or two, but many times we only make time for them when it is convenient and easy for us.

However, do you do the same thing when it comes to improving your athletic performance or addressing an injury? You must truly commit to being better. No excuses. You must make time, plan a schedule and dedicate yourself to the process. If you want something, you must be a part of going after it and come heck or high water you will obtain it. Nothing less should be acceptable. Commit to the ElitelevelPT. Contact us today, we can help.

