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Sometimes I Just Feel Like Giving Up!

Dear Reader

I had one of those moments yesterday morning. I got up and for the third night in a row my sleep had been affected by a pain in my ribs. Jules reckons I've tweaked one my intercostal muscles. I don't know much about intercostal muscles but apparently, they are between your ribs. What I do know is that every time I breathe, especially when I breathe in deeply, I get a sharp stabbing pain. I don't actually know

how I did it. The pain gradually arrived late on Sunday and has been a constant companion since. I missed my Tuesday gym session hoping that would give it time to settle enough for me to train yesterday. That didn't happen.

I attempted to do my daily mobility routine. It was a bit of a struggle, and I ended up not doing anything that involved a rotation of my spine as the pain was too much. By the time I got to the end of the routine I was irritated and feeling sorry for myself. My story about my pain quickly got out of hand!

'***That flu in November cost you three weeks off training, then a cold in January cost you another week. You tweaked your back last week and lost a session. Now this with your ribs and Jules is saying it could take ten days to settle! AND you're meant to be doing a Hyrox simulation on 8th March with Eamon. What if this doesn't sort out and you can't do it? That'll be the second Hyrox you bailed on - people will start thinking you're all talk and afraid to show up for races. Even if you can do it, that's about four weeks of training you've missed out on, so your fitness isn't going to be up as good as Eamon's and he'll end up having to drag you round it. You're almost 57 years old, maybe you need take stop or at least take things a bit easier.'***

That was when I caught it.

A few years ago, I'd likely have stayed stuck in that downward spiral for a few days before I came out of it. Now I am so much better at catching myself going into a downward spiral. It's just interesting to notice that in less than a minute I can get from not being able to do a simple rotation exercise because of sore ribs, to wondering if I should act my age and give up training, which I love and giving up all of the gains that have taken me years to create.

Letting Go

When I can catch myself in moments like this, I have now learned to let go and get back on track much more quickly. For me in this instance, I reconnect with my document. In this case it was the line in my document that says, ***'I am that my physical fitness and strength are***

always high priorities to me.' So I contacted both Jordan and Connor, my coaches in this area of my life, let them know about the injury and that I'd be back in training ASAP. I got messages of encouragement and support from both. I also started to think about what training I could do now or in a day or two when the pain starts to subside that wouldn't aggravate the injury. Next morning I spent an hour testing out what I am still able to do even with the injury, which turned out to be even more than I thought.

So yes, I have a life that I love. And sometimes I can get moments of being knocked by something and talk myself into having thoughts about walking away from something that I love, something I have worked hard to build. Sometimes I have moments of thinking, ***'What's the point?'***

It's not just with exercise this happens. Sometimes it happens with my coaching work too. Maybe a session with a client doesn't go well from my point of view. Or another coach is doing really well and while I am delighted for them, I judge myself for not being further on. Or someone I thought was going to hire me, doesn't. Or I am on a call with my coach Ankush, and he points out a blind spot (which I have given him permission to do) and I get all up in my head about it. Or when my coaching income in 2024 was slightly down against 2023 while some of my Magic 5 colleagues were knocking the ball out of the park.

There have been so many times over the last few years when something has happened, and I have thought my way into a downward spiral that has led me to think of walking away and giving up on the thing I know I want to do. I love coaching. I love the impact it has. I love the journey of growth and development for myself. I love seeing the change that has been possible for me. I love how that helps me to see what is possible for my clients that they can't yet see.

No matter how often that has happened, I haven't given up. Sometimes it has taken me a while to get back on track. Now I get myself back on track much more quickly. I get back on track by getting back to 'being my document'. I reconnect with lines from my document like, ***'I am an incredible force of nature and people's lives transform when they spend time with me'*** and ***'I am a coach, a leader, a business owner***

and a man of my word and peoples lives transform when they spend time with me'. I remind myself about the direction of travel I am choosing for my life. I remind myself about the impact I want to be in the world. I disconnect from the language I used for decades to judge myself and pull myself down. I reconnect with the language I use to create myself and build myself up.

Our minds are so powerful. Our thoughts have so much power in creating our experience in any set of circumstances. Our language is so important in creating our narrative in any moment. A completely new and different experience of any set of circumstances is only ever one thought away. If you would like to watch an amazing TedTalk by Michael Neill that speaks to the power our minds have to create our experience of life, click here

It Helps to Talk

For so long I used to deal with all these moments by myself. After my burnout I learned to talk with Jules about what was going on for me and sometimes I'd speak to my incredibly supportive brothers Stephen and Philip. But as time has passed, I have built up a range of people and resources that now provide me with so much more support than I ever had before. In these moments when I get off track and start to pull myself down, I have access to my document, my coach Ankush, my Magic 5 mastermind colleagues, my fitness coaches Jordan and Connor, my EAC teammates (the incredible group of men I train with) and my Todds Quantum Leap colleagues (you know who you are).

Why does any of this matter?

I am learning that I cannot stop the negative thinking, but I have can control my response. The work I have done on myself and the people I have surrounded myself with, have made a massive difference to me. My ability to catch myself in the downward spiral and pull out of it has grown massively. My ability to access my innate resilience has grown. The amount of time I spend stuck in that negative cycle has reduced massively. The amount of time I spend in action creating the life, the business and the relationships that I want has increased dramatically.

Do you battle with negative thinking? Do your negative thoughts get the better of you at times? Do you end up in a downward spiral of doubt that takes you out of action and out of the game too often and for too long? Are you tired of buying into the narratives that stop you from being who you want to be and doing what you want to do?

If this is you and you want to spend less time doubting yourself and more time being 'amazing you,' all-in on your goals, definitely don't give up! Call me - I may be able to help.

Much love

Peter

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