View in browser

Take what you want, and pay for it!

Dear Reader

If you have been reading these newsletters for a while, you'll probably know that I place a high value on the people I surround myself with to inspire me to stay on the path of being the person I want to be in the world and creating the outcomes I want to create.

One group of people that is making a big impact in my world right now is the group of men who attended the Powerful Mens' Immersion in September 2024, led by my coach Ankush Jain.

Fifteen men from USA, Canada, England, France, Germany, Slovakia and of course N. Ireland. In the past, these events have been mainly about the week of the Immersion. The Telegram group usually has some traction for a couple of weeks, then people get back into their lives and it goes quieter.

But not this group. To say this group has been active would be an understatement. There have been very few days since we left the Immersion on 20th September that the group hasn't been buzzing with activity.

People sharing what they are up to. Sharing their challenges. Sharing their workouts. Sharing what is going on in their world that is going well. Sharing the vision they have developed for their life. Sharing big commitments they are making and executing on.

This group of men has been, and are inspiring me in a way I haven't experienced before. This is a group of men on a mission to change themselves and impact the world, and I love it. Ankush, as he usually does a couple of weeks after each Immersion, announced that he was going to archive the group. There were multiple requests for him to keep it open. It's still open so far.

This actually isn't the topic of this newsletter, but now that we're here, here's a question for you to consider ...

Where are the groups in your life that fill you up, that leave you feeling better having spent time with them, that inspire you to step into more of your potential, into more of what's possible for you?

If you don't have a group of groups that support and inspire you in these ways, how can you create that?

Anyway, getting to the topic I did want to write about ... my new friend Heinrich Hartmann, who was on the Immersion in September, recently

shared something in the Telegram group. In a short video he mentioned the following, which is apparently an old Spanish proverb, ***'Take what you want and pay for it'.***

I had heard this proverb before and to be honest, didn't really get it. But in a short two-minute video he unlocked it for me when he said, 'When you know where you are going, and you figure out your system for getting there, it's really just about doing what you need to do to get the result.'

There is simplicity in what Heinrich said ... for me there is also incredible power.

So often we don't know what we want. Part of what I do with my clients involves helping them get clear about what it is they want. Without that kind of clarity, it's almost impossible to know what actions we need to take, and we then have to wonder what any actions we do take are aiming at.

Getting clear is just the start. We then need to create a system or systems that take us in the direction of what we want. I'm not sure who said it, but my coach Ankush often says 'Peter, you have the perfect system for creating the results you are getting'. If I am getting the results I want in any area of my life, I have the perfect system for that. If my results are not what I want, my system is perfect for creating those results.

I have found this idea so helpful. Often in the past I had a desire or intention to make something happen, but it didn't happen. Why? Because I didn't have a system. I have learned that if I want to turn an intention into a commitment, I need a system. If I want to increase muscle mass, I need a system to increase muscle mass. If I want to increase my business by 20% or 200%, I need a system to increase my business by 20% or 200%. If I want a better relationship with my wife or my kids, I need a system to create a better relationship with my wife and kids. I think you get the picture.

Systems are key. James Clear said, "You do not rise to the level of your goals. You fall to the level of your systems."

Whatever we must do to get what we want is the 'and pay for it' part of the Spanish proverb. So often we want things, or think we want them. For most things that are worthwhile, there is a price to pay, often significant. Paying for it involves having a system and taking action on it.

To commit to and implement systems to get what we want is what actually gets us what we want. So often we don't get what we want because we aren't clear about what we want or we don't have great systems, or we don't act on them, or we don't adjust the systems if we need to.

I recently watched part of an interview between Chris Wilkison and Alex Hormozi. There was a short section that captures what I am trying to say incredibly powerfully.

Chris Williamson – 'Everyone is jealous of what you've got. No-one is jealous of how you got it.

Alex Hormozi – 'I love that quote'

Chris Williamson – 'My God … People see the trophies, but not the training ground'

Alex Hormozi – 'Everyone wants the view, but no-one wants the climb. I love it'

Are you clear on what your goals are right now? Do you have systems in place? Are you taking consistent action on those systems? Are you adjusting the systems if you need to? Do you have people in your life that you are using to hold you accountable?

It sounds simple. But perhaps not. If it was simple, everyone would be clear on their goals and achieving them with ease. If you aren't sure what you want and need clarity … If you know what you want but don't have systems … If you have a system or systems but aren't sticking to them … Call me. I may be able to help.

Take what you want … AND pay for it!

Have a great day!

Peter

Peter McCammon
peter@pm-coaching.co.uk

PS. If you're reading this newsletter, but are not yet on my mailing list, and would like to be, you can sign up here.

PM Coaching

37a Bush Road
Dungannon
BT71 6QE
Ireland

You received this email because you signed up on my website.

Unsubscribe