

Here's the 7 Things You Need To Do Daily

By Joe Carabase

Do you know how to get on Sports Center Top 10 Plays?

Don't try to get on sports center top 10 plays.

While it might be glamorous to focus on the "top 10 type transformations" like the 5 lb drop on the scale in one week, remember these are just small parts of the entire game. The sports center highlight of the awesome play that took only 10 seconds is only possible because of the other 58 minutes and 20 seconds, on top of the entire off-season of work. Not even to mention the years of practice and training.

Personally I made this mistake early on in my career as a fitness entrepreneur. Out of college I had this vision of what my gym would look like, being on TV and getting national recognition for helping people. But the problem was, I didn't deserve to achieve any of those things. I use to get frustrated wondering why those things weren't happening and spent a lot of energy on this frustration until one day my mentor Paul Reddick set me straight. He opened my eyes to how selfish I was being. I was focusing on the wrong things and taking away from the energy I could be giving to help more people.

While I still set breakthrough goals, I shift my energy towards what I can do for others day to day. Since doing this, so many of the things I've dreamed about have come true – becoming a regular on NBC Connecticut & Better Connecticut, becoming a top 3 finalist for Men's Health Next Top Trainer and getting sought out for advice and speaking from peers across the country. But most important, I've been able to make a greater impact on more people.

You want to make a greater impact on your body, job or life, focus your energy on the day to day grind.

What does the grind look like?

As a successful entrepreneur in your respective field, you are already familiar with it.

Here's the 7 Things You Need To Do Daily To Get The Body You Want

1. Workout when you don't feel like it: Whether it's stretching or five minutes of doing movements you feel comfortable with or a 30 minute m.e.l.t. Workout – the workouts you don't feel like doing but get in are what makes the biggest difference.
2. Drink more water everyday – aim for .55 x your bodyweight in oz's per day
3. Walk by the candy jar and office junk

4. Spend at least 10 minutes every night planning for what you will eat the next day. Even if you just pack one thing or plan to eat somewhere healthy, every step forward is a step forward.
5. Choose to park further away, take the stairs and walk as much as possible.
6. Avoid the nightly cocktail – set a weekly limit for yourself and do not exceed it.
7. Eat more greens every day

Start TODAY!

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