

Never tell yourself, "I am a failure." Instead, tell yourself, "I have failed at something. But, I am going to do something about it." There is simply no achievement without failure. The question is not whether you will have problems, because you will; it's how you deal with your problems when they arise that will determine your lot in life. Remember that by improving ourselves we can find happiness.

Part of the reason that people fail is that they have unrealistic expectations. There are no shortcuts to obtaining great physical conditioning and health. Optimal physical conditioning and health are the result of a lifetime commitment to proper training and nutrition. In our "fast results now" society, we expect things to happen quickly and effortlessly. We then expect to move on without another thought, without ever having to work at our goal again.

Developing a great physique is an ongoing process. There's no such thing as status quo in a living organism. The key, then, is to get on a bodybuilding and nutrition program that you can live with, a program that you can incorporate into your life and stick with.

I believe that yet another reason why people fail is that they do not have goals. It's really very basic stuff. You pick a realistic goal for yourself, you write it down, and then you write it into your heart. By writing it into your heart, I mean assimilating it. It has to be more than writing a goal on a piece of scrap paper. By writing it into your heart, I mean bringing it into your being so that it becomes a part of you, so that it becomes an overwhelming desire that is too painful not to pursue.

Keep your goal simple. Perhaps it's gaining a few pounds of muscle. Perhaps it's increasing the amount of weight that you handle in an exercise. Perhaps it's just accomplishing a commitment to yourself to workout consistently three or four times a week. But, the important thing is to have a goal, to write it down in your heart, and to make yourself accountable.

Set up a support system! It's helpful when you have friends that like the same things that you do, and that engage in the same types of activities that you do. We are social creatures. It's important to us in order to develop bodybuilding as a lifestyle, to find and develop friendships with like-minded people.

If you need a support system, please join our on-line community at www.leanbodycoach.com. It's free and you are always welcome. You can count on me to e-mail you every week to provide the training and nutrition information and support you need. I get satisfaction out of watching others succeed, seeing others transform their lives with exercise and nutrition. Failure is an opportunity to learn, make adjustments, and try again to succeed. Set yourself up for success.

[Editor's Note: Lee Labrada is a former IFBB Mr. Universe and IFFB Pro World Cup winner. Winner of 22 major bodybuilding titles, he is one of only four men in history to place in the top four in the Mr. Olympia seven consecutive times. You can sign up for Lee's FREE Lean Body Coach e-newsletter at www.leanbodycoach.com. CEO of Labrada Nutrition, Lee's "Mass with Class" workout video and "Get Lean" is available at www.labrada.com.] PM