

Purge

by Chris Dixon, M.Ed.

When we say, *“I don’t have time,”* we’re lying to ourselves. It’s not malicious by any means, yet not quite the truth. When we haphazardly blame lack of time as the cause for not accomplishing tasks, we don’t consider the consequences of this action. If a lack of time is causing you to miss opportunities to take control of your health, you have only one option...PURGE. To be clear, purging is the process of elimination. It’s about omitting (or at least greatly reducing) items in our lives. This process can be difficult if done correctly. There are six steps to successful purging.

Step one: Assign a value. Successful purging requires us to assign each thing, activity, or person a level of importance. *“I don’t have time,”* is better translated to, *“my time is spent doing other things more valuable to me.”* When we place value on something, we are more likely to make time for it. Managing health is not easy. However, when one values their health, making time for it becomes easier.

Step two: “Check” your feelings.

Many times, we operate from a fear/loss mindset. We won’t eliminate things from our lives (some we know don’t benefit us) because of a fear of disappointment and/or a fear of loss. We would prefer not to hurt anyone and we would prefer not to lose anything. Get over that. Getting to the next level with your fitness requires a change in mindset. Tip-toeing around people’s feelings and focusing on what we may lose won’t help us obtain our goal.

Step three: Eliminate excuses. The words we choose are a reflection of how we think. Using excuses (e.g. *“I don’t have time”*) doesn’t move us any closer to the goal. How you spend your time is your business. No one is in a position to judge if you are spending your time wisely or not. Simultaneously, each of us must be realistic with ourselves each day to determine if we are using our time effectively.

Step four: Let it go. Flowers need to be pruned to grow. Like a flower, healthy growth is dependent on trimming away non-productive areas. In the first three steps, things were assigned a value, we checked feelings, and eliminated the excuses. We are now in the best possible

position to purge. If you assigned activities in your life a value (*e.g.* 1-5 scale (1) being low value and (5) being high value) anything valued less than a three (3) should be eliminated. This is not easy to do, but remember why you began the process of purging.

Step five: Re-allocate time. If you were successful in step four you find yourself with additional time on your hands. Time is created by purging. This “new” time can be utilized to meal-prep, exercise, or focus on other healthy habits.

Step six: Stay focused. You value your health and it now has to be a priority. Of course, there will be activities and people you have given up that will be missed. Rather than focusing on the missed opportunities, focus on the opportunities gained. You’ll be surprised as your fitness level improves, you feel much better both physically and emotionally.

Purging is a skill. Like many skills it must be practiced tirelessly before achieving mastery. Successful purging requires a deep look into our value system and what we expect from life. The next level of health and fitness success may not depend on how much time you have, but rather where that time is allocated. If you

desire to reach the next level with your health and fitness goals, I wish you a successful purge.

