

What if failure was the key to success?

It always starts the same way: A grocery cart full of insanely healthy items and your 100% whole-hearted commitment.

Then days pass. It now seems increasingly hard to stay on track. You wonder to yourself, “*why is it so damn hard?*”

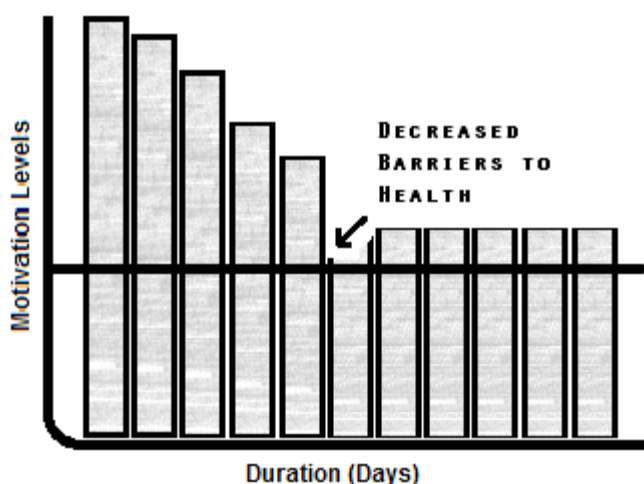
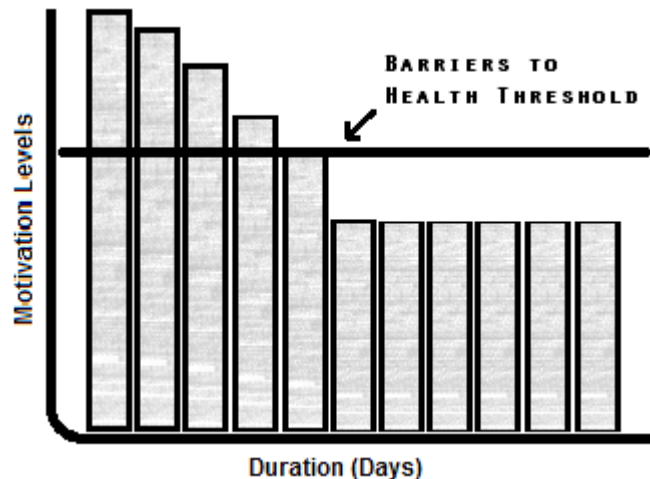
The answer is barriers. When the barriers to your health outweigh your motivational stamina, you fail.

Your healthy living barriers are completely unique to you but are things like:

- *Wrong priorities*
- *Stress*
- *Dissatisfaction with work/love/life*
- *Anxiety/Depression*
- *Emotional eating*
- *Low self-esteem*
- *Poor sleep*
- *Poor knowledge (e.g. what to eat)*
- *Lack of support/ Community*

You do not need to get tougher, or better, or stronger. You are not too weak or undeserving of health and happiness. The secret is that you must address the barriers to your health if you want long term success.

Failure is an essential part of learning and identifying your barriers. Next time you slip up, sit back with curiosity and revisit what happened. What kind of day were you having? Where was your head at? Use energy usually reserved for getting down on yourself to gain an understanding of the barriers to your health and happiness.



Identifying barriers to your health is one thing, having the courage to fix them is a whole separate challenge. This takes time, but when you start to reap the rewards in this way, your health and weight will be but a small part of permanent positive change in your life.

Be grateful for the lessons failure can teach you!

www.wellnessmission.wordpress.com