



I am sure you've heard the saying "knowledge is power"; you may even say it yourself from time to time. It's nice to think that the more you know the better off you are. But that saying is misleading. The truth is, what you know has little effect on your success or power, whether it pertains to fitness, business, or some obscure goal. I am pretty sure you have heard the success stories of the kid who dropped out of school and became a millionaire, or the extremely overweight person who became really fit and thin. Well, they all have one thing in common, and that is that they took massive action. They didn't sit back and over-analyze or hypothesize about how to do it, they didn't study for years and say "ok, I am ready to do it", they didn't play the victim of "bad genes" or a "terrible upbringing", they didn't say "but my situation is different". They just took action. They got up off the couch and put one foot in front of the other. And when they were tired and didn't feel like it, they took action anyway. They were in it for the long haul and didn't expect overnight success, or to put in the least amount of effort, only to become disappointed when they got mediocre or no results.

The other thing that many action takers have in common was a mentor or coach to hold them accountable and help lead the way on their journey. When you take the action of acquiring a coach, you are committing to your success... you are investing in your goal.

The articles I write are centered on fitness, but this concept applies to anything in your life. I have 3 coaches in my life right now.

When you hire a coach or trainer for fitness this is what you get:

- Safety

- Accountability
- Education
- External Motivation
- Faster Metabolism
- Toned muscles
- Fun
- Support
- Develop Habits to keep you in shape forever

So, I've amended the saying to: applied knowledge is power. One of the only ways to gain true knowledge and results is by taking forward steps and learning from each action. Let go of the thought "what if I fail?". There is no such thing as failure - only attempts at success. And each time you "attempt" (i.e. a training session or workout), you get closer to your goals. The only people who reach their destination are the ones who never give up!

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