

2018 Courage Award Finalist

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BEFORE



AFTER



Goal...GREEK GOD! I had a GOAL and a BELIEF. A robust goal to achieve a physique like a Greek God, and a deep-seated belief that "I did it".

You read it right, the belief was not "I will do it" or "I can do it"; but it was "I did it."

I wanted to get there, but I did not know how. I had a thousand questions in my head. Should I hire a trainer? Can I get online training? Or, maybe I should watch YouTube videos. Oh no, this advertisement says '6 pack in 6 weeks', maybe I should try this. Oh my god, Supplements!!! Are these Steroids? Will I be healthy if I use these? It was overwhelming.

I had no one to give me answers. Like a fool, I was visiting all the bodybuilding forums, facebook pages, blogs, vlogs and started leaving messages everywhere seeking knowledge and guidance. I still haven't had a decent response; instead I felt disappointment, despair, and languish.

Mind voice "nine weeks have gone by, what did I do? Nothing. I cannot just wait for the perfect plan or for a right time, I should do something. Learning is an ongoing process, why don't I just start with what I know. I will either learn a lesson(s) from my trials or I will achieve what I want. What I know, IS the 'perfect plan' and this minute, is the 'right time!'"

I carefully crafted a plan for 60 days. And I wanted the whole world to hold me accountable for my goal. So, I went to my facebook and posted this: *Life is all about Challenges...60 days from now?! Coincidentally, 60 days from that post would be my birthday. Instead of a new suit, I wanted a new body for my birthday. For 60 days I was persistent and disciplined.*

I never gave up, but the hard times and struggles were real! I love challenges, so pushing myself in the gym was never a problem but eating clean food was HARD!

On day 60, I woke up and I wasn't even close to my goal. But I was far from where I had started. I had made good progress. Being optimistic, I was happy of the changes I had made on my own. For the next 5 months I continued to work towards my goals.

The next step was to get an online training program. Like many other Indian dudes out there, Hrithik Roshan (a prominent Bollywood Actor) has been my idol. I shared his pictures and my goals with the "I wanted a body just like Hrithik."

Four months of struggle. A million instances slammed me down. But every time I was crushed, I bounced back with more energy and determination. I was living by myself and had to do everything myself. I was a student, worked 9 hours at an IT job, 3 hours of workouts, and 3 hours of cooking. I was advised by my trainer to get 8 hours of sleep; I tried my best. While I wasn't perfect everyday, I trained without fail.

Two years from the time I began this journey, my belief was finally a reality and I can truly say, I DID IT! I was proud, but humble. Since then, I continue to strive to push myself to the next level. I will always be pushing myself to the next milestone, because every end is a new beginning.

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