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# BEAUTY FIT® CORNER *by Jimmy Mentis*

## Want to Be the Best? Be Obsessed with the Process

**H**ow many times has someone told you that you're working too hard? Or that what you're doing is unhealthy, you need to find a balance with what you're doing? Ask those people one question. Are THEY the best at whatever they do? If not, they're trying to balance everything.

It doesn't matter if your goal is to stand on the Olympia stage or in a boardroom and claim you're the best. If you aren't completely obsessed with your goal and the process, someone else will always beat you.

Do you think that Elon Musk, when he was starting to build his empire, found "balance?" No. The man was working tirelessly and slept in his office. Do you think Ronnie Coleman or Phil Heath found "balance" during their reign as Mr. Olympia? No. They were completely and utterly obsessed with being the best. Their focus was 100% on eating, training and sleeping.

Greatness comes with sacrifice, There is no getting around it. If you want to be the best at anything, you're going to wind up making sacrifices of time and attention in other areas of your life to make your dreams a reality. Are you willing to make those sacrifices? If not, it's okay. But realize that you'll never be the best and accept that fact.

### It's 2022 – Stop Making the Same Excuses

If you read my article from last year kicking off the new year, you'll remember I mentioned how 2020 rocked a lot of people and we all needed to pivot going into 2021 and find a way to win. Well, for many, they found excuse after excuse as to why their business failed, why their physique was put on the backburner, why this, why that. All I heard were excuses.

Know who didn't make excuses? The best of the best. The champions. Those who strive for greatness. Winners sat down, took what was thrown at them on the chin for 24 hours while they strategized how they plan on moving forward and then they went out and executed their plan. What are you doing? Are you still finding excuses, or are you getting to work?

Arnold Schwarzenegger said it best when he was quoted saying, "You can have results or excuses. Not both." It's time to dig deep. If you're still reading this article, clearly, there's something there that you need to act upon as you're looking to be the best. Those who want to make excuses and are fine being average would have already been offended and turned the page. But not you. You know you can do better. You know you want to be the best. So, what's holding you back?

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### Here are some tips I'd like to share with you on how to win:

- 1. Set a Goal.** What do you want to accomplish this year? Write it down. Be sure that it's attainable and measurable. Look at your goal often. Put it in a place where you see it every day. Say your goal out loud daily. Create those affirmations until the day comes where they are a reality.
- 2. Reverse Engineer the Goal.** Take your goal and break it down into smaller pieces of how it can be attained. From there, strategize and plan how you will accomplish those smaller pieces to help you reach your 2022 goal.
- 3. Ask for Help But Be Comfortable Being Alone.** Don't be afraid to ask for help. Find a mentor if you must. Ask professionals for their opinion. But be aware that the people who were by your side in the past may not be there when you decide you want to level up. It's okay for you to want to be the best while others around you want to be average.
- 4. Be Obsessed But Have Fun.** If you hate the process and you're not obsessed about learning as much as you can, putting in the time, the work, the effort, then being the best may not be for you. When you can do all the things that others refuse to do in order to become the best while enjoying the process and having fun, you're on the path to greatness.

I don't know what you want to accomplish in 2022 or what your goals are, but know that I'm supporting you and believe in you. I hope this year brings you everything that makes you happy and I wish you all the best!

