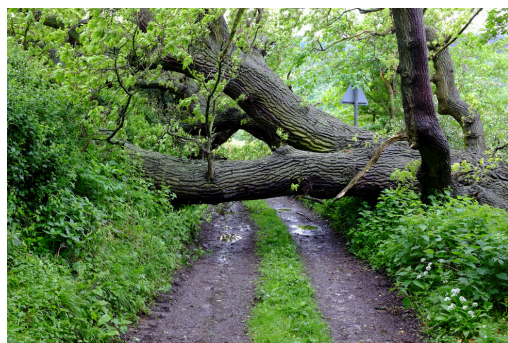




# REFRAMING SETBACKS AND PLATEAUS

Let's be totally clear on this. Your progress on your health and strength journey will not be a straight line. It isn't for me. It isn't for anyone. It's a zigzag, a loop-de-loop, with U-turns, peaks, and valleys.



## IF YOU DO THIS STUFF LONG ENOUGH WHICH YOU WILL, RIGHT? YOU BETTER!

You will experience setbacks and plateaus. These are not signs that you can't handle it or you're a disaster or it's time to give up. They're part of the process. In fact, they are a **helpful** part of the process. They usually mean that your body is adapting, recalibrating, or ready for something different. That's not failure - it's **feedback**.

**INSTEAD OF GETTING STUCK IN FRUSTRATION OR GUILT, TAKE A STEP BACK AND LOOK AT THE BIG PICTURE.**



## SETBACKS

like over-indulging on vacation, missed workouts, or a week where you just fell off the wagon for whatever reason - are normal. Everyone has them. They don't "undo" months of effort. They don't mark the end of your journey or require you to start all over. **Learn from them.** What threw you off? What can you do next time to make it less likely to happen again?



## PLATEAUS

happen when your body has adjusted to what you've been doing. It's your body's way of saying, "Cool, we've got this. What's next?" When progress stalls despite doing the right things, it may be time to make a change. Is it time for a maintenance phase? Do you need a deload week? Ready for a new workout plan? Listen closely to what your body is telling you.

**YOUR JOB ISN'T TO AVOID EVERY BUMP IN THE ROAD - IT'S TO KEEP GOING, DESPITE THE INEVITABLE BUMPS, WITH PURPOSE AND PATIENCE. ZOOM OUT. THEY'RE ALL JUST BLIPS, BABY. KEEP MOVING FORWARD.**

