



Build You Again

(1)

In order to free yourself from society's chains you have to do things you've never done in order to get what you've never had. Sometimes you have to do things a little

different from everyone else. You have to separate yourself from the pack and that takes heart. And in order for the world around you to change into the way you see fit, you have to change yourself. You have to “Build You Again”. When I say build you again that means physically, mentally, and spiritually. Those three things will guarantee and solidify a new world for you.

Physically

The first step you’ll have to do in order to “Build You Again” is 50% physical and 50% mental. This is where you will get the majority of your confidence from. I have a callisthenic workout I designed called British Workout. It consists of pushups, pull-ups, sit-ups, calf raises, and lunges. The only time I use free weights is when I’m doing pushups on top of them and holding them

when I'm doing lunges. I usually do 10 sets of each but I had to build myself up to doing that. I started off with 1 set of each back to back nonstop. As the weeks went by I got stronger and the sets became easier. So I don't recommend anyone to do 10 sets of each until they build up to it.

Here is what the British Workout consist of
Monday

- 10 sets of pushups (100 reps each set)
- 10 sets of situps (100 reps each set)
- 10 sets of pull-ups (30 reps each set)
- 10 sets of calf raises (80 reps each set)
- 10 sets of lunges (12 reps each set with 25lbs dumb bells)

Repeat that on Wednesday and Friday. It will get you in shape quicker more than anything

you've ever done and people will notice. This is an exercise that will upgrade you without using any kind of drug and It's all natural. Of course you'll get tired when doing this workout just like with any other workout. So the key to completing the workout in its entirety is mental focus. For instance, when I'm counting my reps instead of saying 1, 2, 3, 4, 5 all the way up to 100, I say 1 million, 2 million, 3 million, 4 million, 5 million. That way my mind is on something other than the exercise which will help you get through. You don't have to count in millions. You may be motivated by something other than money. But I recommend that you count including something that you love or are motivated by. It doesn't matter whether its cars, girls, houses, shots of vodka etc. just add love and motivation to building you.

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My British Workout will change your life the first week. I mean you'll workout for your own improvement but other people will not be able to ignore. And once you're in the habit of working out with that particular system you'll be accustomed to completion and finishing what you started no matter how difficult. They say it takes 21 days in order to break a habit so it will only take 21 days to build a new one that's beneficial to you as opposed to detrimental. I'm a runner and I love to jog. Will Smith once said, "There are two things you should always do. Those two things are to read and run. You should read because there isn't anything that you are going through that someone else didn't go through and write about. And

run because it strengthens your will”. So add running a couple of times per week to even it all out.

Mentally

The second step you'll have to do in order to “Build You Again” is to free your mind. You free your mind by cutting off the television and radio. I know many of you have been watching television since you were a child so it will be difficult. Difficult doesn't mean impossible so it can be done. It takes twenty one days to break a habit or to build one. Slowly back away from watching television. Instead of doing that, use that time to focus on projects or something else that benefits you. But I must warn you. If you stop watching television you'll become an

independent thinker and you'll stop doing what everyone else is doing because you will be in control of your mind. You have to exercise your mind like you exercise your body. Play video games, board games, and any other game that forces you to problem solve. Chess and pool are great mind sharpening games but play whatever game you're comfortable with.

Meditation is also great to do. Not only does it help you focus mentally but it's good for the body's respiratory system. If you have 10-15 spare minutes every day for meditation that will be enough to recharge the mind for the entire day. At first if you're not comfortable meditating, don't worry you'll get use to it. It takes 21 days to break a habit and the same amount to build one. Between the meditation and the British Workout you'll be an entirely different

person in no time. If you do yoga then I'm sure you're already familiar with meditation and are pretty aware of what it does for the mind.

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Spiritually

The third step you'll have to do in order to "Build You Again" is to be spiritually conscious. When I say spiritually I don't mean religion I mean the inner you. Strengthening the inner you (spirit, soul) can be done by meditating, praying, and enjoying nature. Nature speaks to your

spirit you just have to slow down and listen. That's also one of the reasons why I am a huge advocate when it comes to protecting the earth. The earth is a spiritual planet and its trees, animals, water, and fresh air are all connected with your spirit. The more people destroy the earth, the more they're destroying your spirit because it's one mind, one heart, and one soul. Take the time to smell the flowers because it produces natural potpourri. Take the time to see the shape of the trees and the natural architecture because it's a site for sore eyes. Take the time to listen to the birds and the other animals sing because it's heavenly. Take the time to enjoy the rain instead of automatically throwing up an umbrella because its touch is therapeutic. People go out and buy things to make themselves feel good when all they have to do is open up to nature and feel good for free.

New Year's Resolution

Time and time again I hear how people start New Year's resolutions but never finish them. Maybe they only start them because it's the cool thing to do around New Years. They usually get about two weeks into it and quit. And the next year they'll start another resolution and then quit again two weeks later. And that cycle repeats itself for years. But all it takes is 21 days to break and to build a habit. Even though I work out alone it's always good to have a partner because you can motivate each other so that you don't quit. But It doesn't matter whether you are a banker, a car salesman, a college student, a musician, an actor/actress, professional athlete or a camp counselor because you can all "Build You Again".

Conclusion

Working on yourself physically, mentally, and spiritually like you've never done before will allow you to do things you've never done before. Your confidence will sky-rocket, people will respect you more because they'll see that you have respect for yourself. And last but not least you will be built again. A new you who's prepared to take on any obstacle. In Will and Jaden Smiths new movie "After Earth" that's coming out the summer of 2013, Will tells his son Jaden that "Fear is not real". And if you follow the three steps I mentioned above you'll begin to realize that fear is not real because you just won't have enough time to think about fear. You'll be too busy enjoying life like it was intended to be done.

Excalibershine

– *Duron* “*Justis*” James (*Chief Prince Adam*)

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