

Most of us have the bodies we deserve. Good bad or otherwise it's also pretty accurate for every other part of our lives. As unpopular as this concept of is, it's impossible to argue with. Anyone who's ever started a training program and stuck with it – even when it stopped being fun – will testify that the smarter, more focused, your workouts the faster you're going to see results. The same goes for your life outside the gym. In fact, you can have anything and everything you desire by harnessing the power of your mind and channeling it towards a goal you're passionate about – one that will motivate you to set the alarm an hour earlier and make you leap out of bed the second it goes off!

Your body is the vehicle that propels you towards success. A healthy body fuels the energy and vitality necessary to achieve all your goals. My new book, *Defy The Odds! Seven steps for getting anything and everything you want*, speaks of the direct correlation between your intentions and what your mind focuses on and the realization of the goals and dream that burn in your soul.

If you crave living life to the fullest, personifying health, prosperity and bliss, then your body must be up to the challenge, not just along for the ride. The energy and health that you gain internally by nurturing your body will externalize itself in every aspect of your life. You will think, feel and embody success!

Your body has a tremendous effect on the way you are perceived. The image you project, the way you communicate and the rapport you create with the people you come in contact with is greatly influenced by your body. If it's not in tip-top shape, then you are not giving 100% of yourself to the cause—no matter how phenomenal the idea or concept.

The most powerful force is the mind, body and soul working in perfect unison. This driving force is either immobilized by the limits you set for yourself or supercharged by the dreams, desires, and energy you pour into every part of your life. Once you master the skill of creating your dreams you're life will never be the same.

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