**When to stop**

When you’re chasing a goal and you finally hit that grove you’ve been looking for, that grove where you’re firing on all cylinders and it feels like you’re on a wave of constant progress. Well that’s usually when the universe puts an obstacle in your way to make you stop, and if you decide to carry on with the same intensity and work load that allowed you to see the recent progress your body usually refuses your demands and shuts down to forces you to stop.

This is something that always happens when you are working diligently towards any goal whether that goal is related to health and fitness, your professional life or even your personal life. I mean how can I be doing all the right things and still the world is against me, the funny thing about life is that when this moments happen it’s almost like everyone you see that has a different approach to life is having better luck that you.

So that brings the question that we are all faced with a challenge that gives use two options, option one accept defeat and rest to fight another day or work at a lower capacity and make incremental progress while trying to recover. Or you can take the option that most people take which we know we shouldn’t but we do it anyway, and that option is to run head first into the challenge knowing that you are only making matters worse.

So why do we choose the worse option out of the lot. I mean the people that find themselves on these situations tend to be quite intelligent and earnest people, I think it’s fair to say that anybody who dedicate time and effort into something that makes them better is someone that is worth respecting and listening to. But yet these are the biggest culprits when it comes to forcing their mind body and soul into working even though they know all their getting is diminishing returns.

When most people see this they say things like “what a tuff guy” or “fair play to him”. But in reality they should say “what an idiot he clearly needs to rest”. The truth is the reason people are putting their bodies through hell and back is just for the sake of not stopping. Yep you read that right, people will ignore the needs of their bodies because they built there mind to a place that they see resting as form of being lazy. This lie that is something that has killed more dreams than you would expect because when these people realise that they are not machines and they must listen to their bodies and take care of it appropriately or they will be forced to stop, and this stop that comes from the individual not listening to their body can be fatal and result in the individual losing the will to continue towards their goal.

Because at the end of the day when the whole world is telling you that you have to go a 100 miles an hour everyday to get to where you want to get to, its hard to listen to your body and accept it as the truth when all the ‘experts’ say otherwise. But if you want to get to your final destination you most learn to listen to your body and heed its warnings.

So when you do get to that point in the journey and you’re emotionally drained stop and talk to someone, or if you feel like you’re one workout away from losing a limb and there’s more but just keep in mind that you’re not in a race and when you’re back the marathon will continue.