

What we do, makes who we are, and if we are not conscious of our habits, then we will aimlessly progress through life. Our existence on earth should not be taken for granted. Each one of us can provide value to those around us. Our actions are important when considering how subconsciously subjective life is. Meaning, watching your coach slack off, and not push through, will influence your effort, weather you gave it intentional thought or not, that will have made an impression on you.

The infinite variables of life make it so there is no chance that two people in time will ever be the same, no two minds with equal attributes. No two bodies with equal performance characteristics. It should become our obligation throughout our time here, on earth and beyond, to push the ability of the human potential to the highest possible standards attainable. This effort compounded generation over generation will be what defines our existence, or leaves a stain on our moment in history.

Ideally, we simply start by changing one thing. By changing one habit and executing on that new habit each day. We can then build our ability to build new habits.

When I was in Prison, I had no idea how I was going to get from where I was, to the point I am today, all I knew is that something needed to change, and as silly as it sounds, the first thing I did, was brush my teeth in the morning, every morning, with my left hand, instead of the dominant right hand. This was challenging at first, and sometimes I forgot to use my left hand at first, but eventually this became routine, and I no longer thought about it.

It was the act of learning a different habit, that gave me a small amount of momentum, and carried me to another habit, which was daily pullups. The compounding effort over time of this approach to daily life was so profound, I never feel I have gotten out of the habit of evolving. It is so engrained in who I am because there were years of time that was spent wondering if I ever was going to be able to parole, or if I was going to have to finish the entire sentence in Maximum Security because of my escape charge. I understood that the only possible control I could have over the situation, was to develop myself to be a better human being. Starting with a simple task like brushing my teeth in a different pattern, allowed me to get the train moving slowly, over the years, the momentum became unstoppable.

Changing your life, and redesigning your lifestyle is an exceedingly difficult endeavor that most people quit in the process of. It will be difficult, but you must make a concerted effort to understand that half of your mind wants you to change, and half of your mind wants you to remain the same. You must choose, in every demanding situation, which of these halves you listen to. The part of your brain that wants you to quit, will sow doubt, worry, anxiety into your heart, and the part of your brain that wants you to win will tell you to just step forward anyway. Despite worry, despite fear, despite not knowing the path forward, or where it will lead you.

The pivotal moment for all of us, is which of these parts of the brain do we believe? The easiest way I have found over the years is to stress the body to a point where it no longer can think of these feelings, exercise has long been a crucial part of human evolution over its existence. The body and the mind adapt integrally, and therefore should be trained in combination with each other. To get the best performance out of our mind, we first need to get the best performance out of our bodies.

To do this we need to eat whole foods, watching macros is also a process that takes time from life's distracting pleasures, but the body performance gains are far superior to the momentary satisfaction of sitting on the couch for 10 more minutes.

Educating the mind is one of the basic freedoms we all have, one that, for now, cannot be taken away. Many people want to change to world, but fail to realize to do that, the way you see the world must change first. Reading 10 pages every day is an easy intentional habit that can set you up for long term success both in your overall vocabulary and your communication skills.

Finally, drinking 1 gallon of water each day can have a phenomenal impact on your overall health and well-being. Let's not forget our bodies are 70% water, alcohol, energy drinks, coffee, all have a negative effect on the body's ability to store and retain water. Heat is more prevalent in today's environment; thus, hydration is a necessary component of being an efficient human being.

In conclusion, it is my hope that you will take my unfortunate life circumstances, and the evolutions of a man forced to accept the hard truth of his situation and turn it into something worth living for. I know everyone has a story, we all have skeletons in the closet, and I know there are individuals who have had a much harder path than I. Nothing I say to you is for plight, or sympathy.

I am a man of arduous work and perseverance; I hope this short text can give you some clarity as you begin your own fitness journey or look to step up your performance to a new mental state.

I can relate to struggle, and if there is any way I can help Please reach out!

Look Forward to Hearing From you,

Michael Hawkins

Hyper Active Human Performance