

Stuart Showalter
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Monthly Motivation 9 – Be Like James

Throughout the summer months I am typically making 2-5 round trip rides to Carmel, Indy, Brownsburg or areas thereabout. Often my route takes me along I-65 out of Boone County. In mid-mornings I have regularly seen the same gentleman walking towards me at various points there along Lafayette Road. We exchange a wave or a 'good morning' and proceed along our way.

On one morning when I was in no rush I stopped to speak with James. I was curious as to what brings him out for such a long walk. James is a fit older guy with a very pleasant demeanor. He quickly embraced my curiosity and we had a thorough conversation about health, fitness, attitude and overall well-being. It was these things that bring James out for a walk each day. When I asked if his dedication to a fitness routine was a response to a heart attack or some other ill James responded that exercising and staying fit is just “a way of life”.

It's been successful for James. He entered the Army at age 19 and was an active boxer while enlisted. After retirement from that he went to work for UPS slinging packages which he still did to that day at age 74. As he said, they don't care about your age there you just do your job. James enjoys doing his job that keeps him physically active. Between that and all the walking James certainly gets his share of physical activity. But that's not enough for this devoted man. He also goes to L.A. Fitness a few times a week for strength training. Additionally, James spoke about his healthful diet and the necessity of respecting one's body by not abusing it with garbage or a sedentary lifestyle.

James then proceeded to tell me about the additional benefits besides the physical attributes of staying healthy – always having a positive attitude, staying mentally sharp, and just enjoying life. James is a prime example of how well-being is integrated in all aspects of life. Problems with weight, diet, mental health, finances, relationships, earnings or activities will lead to problems with the others. They are integrated.

James doesn't allow for rationalizations to not stay fit. As he said being healthy and respecting his body is “just a way of life”. I was pleased to have met James, an archetype for motivation. He has been around 30 years more than me and is a person who is clearly on his way to reaching the age of 100, but he probably won't realize it because he will be too young in spirit to notice that he attained that age.

The great majority of people have not made the lifelong commitment to self that James or I have made. While our stories may be encouraging it can seem daunting to engage in the practices necessary to get there. If you are still seeking to achieve this type of lifestyle then it may be a good time to go back and read through these Monthly Motivations and watch for future ones.

You have gone through nine months at this point. That demonstrates that you have the desire and patience to persevere. So keep practicing what you have learned and maintain a focus on your goals.

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