

Nutrition for Success

How to Maximize Performance in All Areas of Life

Introduction

Success has been revered for centuries. Yet, it is a concept often misunderstood. Success is typically perceived as the achievement of great wealth or high status. However, the Merriam-Webster Online Dictionary defines success as a “favorable or desired outcome.”¹ By this definition, success can be applied to every aspect of life, including your career, relationships, spirituality, and emotional and physical well-being.

Keep in mind that what is a “favorable or desired outcome” for someone else may be different you. Therefore, success (or lack of) is really measured by the individual. Think of two teenage boys who receive detention for being late to class. One boy may not like class and see detention as a *success* in getting out of class. The other boy may feel like a failure for getting detention because he missed out on learning. The social norm indicates both these boys failed to make it to class on time. However, Boy #1 sees himself as a success. This is a perfect example of the difference between personal success versus expected or the social norm’s definition of success.

Failure, as defined by Merriam-Webster, is “omission of occurrence or performance; *specifically*: a failing to perform a duty or expected action.”² Therefore, whether you succeed or fail really depends upon your expected outcome. Again, the social norm indicates both boys failed because they didn’t make it to class on time. However, boy number one, who preferred detention, was actually successful in getting what he wanted and boy number two felt that he had failed.

Life is what you make of it. It is up to you to determine what your successes and failures are and how you respond to them. In the story of the two boys, we could continue the story and say that boy number two used that failure as an opportunity for growth. Perhaps he decided at that moment that he would never be late for anything ever again to avoid missing out on what he wanted to achieve. On the contrary, the story could have gone the other direction. The boy could

have determined that if he couldn't make it to class on time, he wasn't worthy of success. This happens to many people in life. They give up because of a small detour.

Some people slough off failures as if they were wiping a little dust off their shirt, while others let failure get in the way of achieving their goals. How do you handle failure? Is it a bump in the road or the end of the road?

This book explores how your mind, body and soul work together to create your reality – your successes and failures. Please note that when I talk about *nutrition* in this book, I'm not just addressing food. There are many aspects of life than can nourish or deplete you – your relationships, career, spirituality, self-esteem, and physical activity. It is these collective *nutrients* that work together to create overall health and well-being. You will learn how to create success in key areas of your life by nourishing each area and clearing out mental and physical obstacles that keep you from reaching your full potential. It is vitally important that you have the mental AND physical ability to achieve your goals. As the saying goes, "Garbage in, garbage out." If you are feeding your mind and body garbage, you will produce garbage in return. You may be able to trick the system for a while; but it will inevitably catch up with you.

I can't help but think of Steve Jobs, co-founder of Apple Computer, who created massive success in his career and then died from pancreatic cancer at the age of 56. He was a brilliant and somewhat misunderstood man whom I deeply admired. However, in learning about his life, it is clear to me where he was out of balance. If you're interested, I encourage you to read his story and see if you can discover where he was out of balance.

As you go through your own journey of discovery through this book, I invite you to make notes on these pages and highlight important or intriguing concepts. This is not a book to quickly read through and place on your shelf. It is meant to be more of a *workbook*, understanding that you will always be a WIP (work in progress). Keep this book closed to you and use it as a tool for continuous improvement. If you talk with any successful person in the world, they will tell you success is never a destination – it's a continuous journey. So, sit back, relax, absorb, assimilate – but, most of all, enjoy the journey!