

# PERSISTENCE OVER PERFECTION

#popchallenge

A 14 day fitness and mindset challenge  
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## Peeps (people)

You can't do it alone.

At one point or another, you're going to need another human being to support and encourage you.

You'll require someone that will let you vent your struggles, BUT will also hold you accountable to your commitments.

You're going to need your tribe, your support network, your **peeps**.

Willpower is a finite resource.

No matter how badly we might want reach our target, sometimes we grow discouraged and weary of the work involved in getting there.

If we have no support network then there's no one to notice when we quit.

There's no one there to say things like:

- *I know that this is a hard moment. Right now you feel weak and need some rest, but you are also strong. You can do this!*
- *Rest, take a break, but I am a witness to how important this goal is for you and I'm going to help you keep going.*

- *Hey, I noticed you didn't make it to class the other day. Is everything ok?*
- *So you missed a few workouts or ate a bunch of junk this weekend, that's just life. Don't let that derail your entire program. Keep your eyes on that target!*

***\*Of course your peeps would be saying these things in their own words, but the sentiments will be the same!***

It doesn't matter how many peeps you've got!

It can be one person, an exercise class, a coaching club, a small group that you meet up with a couple of times a week to exercise (run clubs, climbing buddies, bike rides, etc).

It can even be an online group of women (like the POP Challenge!) that are otherwise strangers, but share in your struggles and have a common goal.

Whatever the group size and whether they are in-person or online, we need our peeps to:

1. Consistently hold us accountable to our goals
2. Offer us support
3. Understand our struggles

If you have **targets** that you are working to hit and you've experienced frustration, isolation, and desires to quit, **then you absolutely gotta find your peeps.**

How do you find your **peeps**?

**First**, be sure that you've worked to create meaningful, feasible, and specific **targets**.

Then you can find people that are like-minded and can support you in your specific goals.

"Let's get healthy together" will mean very different things to different folks.

Be specific about your collective and respective goals.

Be choosy about when selecting your peeps.

You want them to be a positive influence with the perfect balance of understanding, encouragement and tough love.

**Second**, start putting yourself out there.

Look for local classes, clubs, meet-up groups, or coaches that specialize in the areas that you are working.

If you can't find your in-person peeps, then take your hunt online. There's TREMENDOUS variety online since you aren't limited by geography.

The online community can be nice too because it gives you the opportunity to find people that you only know within the context of your target.

**Third**, take chances.

You might find your peeps on your first search, or it might take a little while to find the right fit.

If you keep at it, you'll find a support network that works for you.

Don't be afraid to commit to a group when they feel right and don't hesitate to move on when a group, class, or coach isn't working for you.