

The 4 Pillars of Lifestyle Transformation

Last week I posed the following question for you to ponder: “What is a Lifestyle?”

To a large extent, everyone commenting supported the idea that Lifestyle is how you “Do Life.” Or as I like to put it, the way you’d behave if no one else was looking—even if there were no consequences.



Let’s face it, if not for laws some people would steal, others would sit on the couch watching American Idol until they’re evicted. And then there are those who can’t help but create, who add value to the world everyday without effort and those who get up and move their bodies simply to feel the vibrant energy. No cattle prods required.

*“Lifestyle: The way you’d behave if
no one else was looking—even
if there were no consequences.”*

If any aspect of your *Lifestyle* is more the former than the latter—more stagnant than vibrant—the challenge is in making the change, or better yet, the *Lifestyle Transformation*.

It’s not enough to know the “how” to get rich, to get fit, to live the life of your dreams... for it’s a very small fraction of people in this world these days that are really, truly suffering from a shortage of “know how.” The problem is that your Lifestyle has momentum; it’s hurdling forward like a fastball having just left the pitcher’s hand. Changing its trajectory is no small feat.

The good news is it can be done. And when it is the results are **nothing short of amazing**.

Considerable, concentrated effort, focus and heart will be required but it gets easier, rather quickly. And ultimately, making the Lifestyle Transformation is always easier and more effective than gritting your teeth and trying to muscle through it—relying on discipline, negative motivation and even self-intimidation to stay a course that your Lifestyle is rejecting.

The Mechanics of Change

Like I mentioned in part 1, when it comes to making change we tend to focus on the “mechanics” of change—as if we’re just missing the proper sequence or the magic system. We look for a map as if we’re on a hunt for buried treasure. It’s the way our minds work, we’re quite ready to believe that the only reason who can’t get fit and stay fit is that we don’t have the right set of directions.

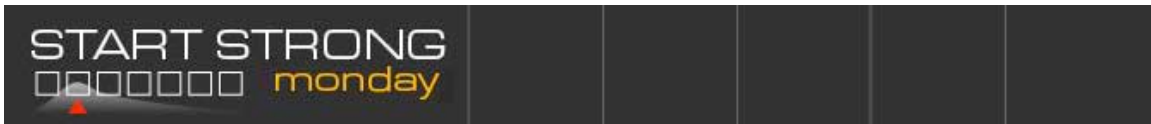
*“I, for example, have long known
where my clothes are supposed to go,
I get what that laundry basket is for”.*

I can assure you from ample personal experience that knowing “what” to do isn’t magic and is not at all likely to produce dramatic results. I, for example, have long known where my clothes are supposed to go, I get what that laundry basket is for. I have absolutely no vagueness about it at all. Yet, to this day, that’s not where they go. Knowing the right and best thing to do has no impact at all on my behavior... my being-ness remains unchanged by knowing.

And I’m sure you can come up with at least a few examples in your own life where knowing is not the key to change. You may know not to eat a pizza every other night but still find yourself *knowing better and doing worse*.

If it’s not the bright shiny, amazing new plan, the fancy lifting machine or the miracle juicer we need, what is it? How do you get the leverage for a true and **lasting Lifestyle Transformation?**

What follows is a powerful, sure-fire system that works. Know that this is not a process I learned at some seminar or have borrowed from a personal development guru or book. Rather it’s a clear, simple, integration that arises from my life experience and study. It’s essentially what I’ve been practicing, teaching and sharing for years with a full and fresh new level of object clarity.



For the purpose of clarity and offering a real world example, I will rely on my experience in fitness and borrow from the always handy and stunning clarity sport so often offers.

Pillar 1: Structure

Want to make a change anywhere in life, think structure. Whether it's a cutting a new channel for the water to flow down or changing a limiting eating pattern, Structure is step one. Structure is the road and guardrails, the boundaries and guides that keep us moving in the desired direction.

In sports, Structure is the game plan for—without the game plan there is no game. There may be action all over the field but it's the structure of the sports, the constraints of the field and the plan that a team follows that makes the game.

*“Structure is the game plan;
without it there is no game.”*

Just as in sports, with fitness transformations there's no perfect plan, no guaranteed road to victory. There is just a good—perhaps better—plan or structure that you can stick to and bring your greatness to.

One of the most devastating mistakes made in fitness is the inability to stick to the plan, to stay the course. We want results fast and when change doesn't happen fast enough we jump to the next shiny solution. The result, none work because we don't truly engage. As a rule, we fail long before any plans fail.

Pillar 2 : Motivation

This is the stuff goals are made for—the fuel that powers you through the structure. No structure or game plan has any chance if you're not inclined, energized and committed emotionally to an outcome—a result. And a goal is simply a clearly defined desired result.

For the sports team the most immediate goal is to score, then to win the game. Then there are the bigger, more distant goals which include wining championships.

In fitness it's usually a goal of having our bodies look or perform a certain way. But along the way we can learn to celebrate the ideal meal, a great day of focus, an energizing workout, a sound night's rest.



Think about the numerous things you do every day which support your strength and freedom that you don't even think twice about—perhaps you start your day with a [Full Strength premium nutrition shake](#) or end with quiet mediation. The more micro-celebrating you do, the more energy and momentum you will build and enjoy.

There's a lot to motivation and it's a major element of fitness and life, hence the reason why I dedicate a chapter to Mastering Motivation in *Strength for Life*. For now, we'll stop here.

Pillar 3: Skills

In sport these are the “how to play.” Both the physical and mental aspects of playing the game... the field of mastery. As for fitness, we are often seduced by skills... thinking if only we knew “how to lift that kettlebell” we'd be hulking ripped and lean. If only we knew “how to eat right, we would.”

Certainly skills are essential to winning a game and if not to getting fit then certainly to staying fit. But skills are what you learn naturally as a part of any process that you have committed to engaging in (Structure) and are motivated to do or achieve.

Think about how well you'd learn the skills essential to golf had you no desire for playing the game. Just wouldn't happen. Same holds true for fitness. No reason to learn how the proper forms for yoga if you're not into it—not motivated to engage.

Commit to structure, ignite your motivation and skills will be yours.

Pillar 4: Team

Just to be clear, the first 3 pillars will get you on track, making progress and far ahead of the pack. But the reality is making a Lifestyle Transformation—rather than simply altering your behavior temporarily—takes incredible strength and big-time leverage.

While the first 3 pillar set you up for success, it's Pillar 4 that will set it in stone, make the new Lifestyle yours.

The 4th pillar: Get a Team. Join a group where you will enjoy ongoing support, accountability and be both a leader and a follower, where you can help others win and they help you. This is the magic of a team. We all play harder to win for the others and the accountability is huge—no one wants to be the one who let the team down.

This 4th pillar is the booster rocket but it's not the 1st Pillar for a reason. You must set your own course—for only with a course in place can you choose a team.

A humans we so want to belong that if we don't choose our game first (structure) we'll wind up doing all the right things for the wrong team—and we'll be doing it half-ass, out of obligation not freedom of choice and wasting precious time, denying our talent, strength and freedom.

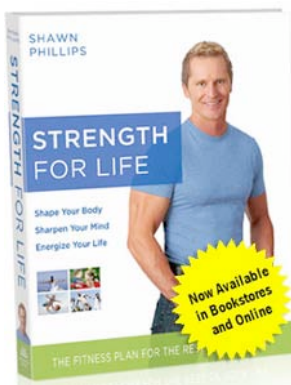
Lifestyle Success

When you're done working against the flow, fighting the gravity of your Lifestyle, you may want to consider taking your fitness, strength and freedom up a level or two—above the “discipline struggle” which is home of most diets or “get fit” schemas. That's the purpose of my *Lifestyle Transformation* process.

I'm certain there are other ways to achieve a successful new lifestyle and endless opinions on how to bare-knuckle your way. But for my money, from my experience and perspective, I have serious doubts it can be any clearer, simpler or your success more assured.

Know the goal is not that you live these 4 Pillars of Lifestyle Transformation for the rest of your life. That wouldn't be a Lifestyle right? Transformation is, after all, a process not a destination. Hence, you'd be Living a system not a life. The intention is rather to reset your Lifestyle Operating System such that it has all the components essential for living the life you most desire—effortlessly.

Here's to Living a Transformed Life-style...



Shawn Phillips is a world renowned strength, fitness and nutrition expert with an emphasis on the integration of body and mind. Shawn has helped athletes, celebrities and even more interesting people all around the world to achieve this best body and life. ***Strength for Life*** is Shawn's most recent work and his second book. He is also the founder of Phillips Nutrition and creator of [Full Strength](#)® the world's finest clinically proven total nutrition shake the high achieving man.

[Click here to download](#) two chapters of ***Strength for Life***.