

# GABRIELE

FITNESS & PERFORMANCE



## If You Have a Big Enough "WHY", You'll Always Find the "HOW"

By Tom Langton

*John was a man who struggled with his weight for his entire life. He was a chubby kid, an overweight teenager, and had turned into an obese adult. He was more than 100 lbs overweight and his overall health was rapidly declining. John had many excuses for his weight, ranging from hormone problems, to addictive eating and even sometimes blamed his genetics.*

*Everything changed when John's 13 year old daughter Paige was diagnosed with a rare kidney disease. Doctors told John his daughter would need a kidney transplant to ever have the hope of living a normal life. After an extensive search for donors, John was identified as a perfect match. There was one problem though, doctors would not operate on John in his condition. They told John he would have to lose at least 60 lbs in the next 8 months in order to help his daughter.*

**So what did John do? What would you do?**

*John didn't lose the 60lbs in 8 months, he lost 80lbs in 6 months and saved his daughter's life.*

*The Moral of the Story:*

**If you have a big enough WHY,  
you'll always find the HOW**

*John stopped making excuses and found a way to do something in only 6 months, that he had thought to be IMPOSSIBLE for the previous 30 years. He found a big enough WHY.*

*Notice I didn't talk about HOW he lost the weight. It wasn't his diet or weight training program or how many grams of fish oil he took every day. All of that is secondary to his WHY.*

*Now this is a very dramatic example of finding the right motivation to achieve your goals. Hopefully none of us will ever have to go through something like this, but I think the story illustrates that anything can be overcome with the right WHY . So if you want results, if you want to achieve your goals, find your WHY before you focus on the HOW.*

This was a paraphrased story I heard from Dr. Robert Gilbert. While I was coaching football at Kean University, my head coach would bring in a Dr. Gilbert as a guest speaker every season to talk to our team. Dr. Gilbert is a sports psychology professor at Montclair State University and an amazing motivational speaker. Dr. Gilbert captivated our entire team, which is no easy task, for 2 hours every time he spoke. The biggest piece of information I took from him was a business card with this number on it.

**973-743-4690**

This is Dr. Gilbert's Success Hotline. It is a tool that I use almost on a daily basis. The number is FREE to call, he doesn't try to sell you anything or advertise his products. It simply recounts inspiring stories, gives advice or motivational quotes that he updates on a daily basis for inspiration. Call the number and check it out, the messages are short and to the point and will make an immediate impact on your mind set. You can also check out Dr. Gilbert's Blog by [clicking here](#).

I do not know Dr. Gilbert personally and I'm not trying to make anyone a "follower" or "believer", but this Hotline is a great resource and I think that you will enjoy and appreciate it as much as I do. Maybe it can help you find your WHY.

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