

The Plus 2 Method



I want you to try and follow my **'plus two'** rule...

I like to think that on a scale of 1 to 10, I put in a 6 worth of effort, but I get an 8 worth of results.

Plus 2.

It's a good feeling knowing I'm getting more out of it than I'm putting in.

Sure, there are some fitness influencers out there on instagram who are definitely putting a 10 worth of effort into their diet and exercise and getting a 10 out in return in how they look, but where's the fun in that?

Now, this involves some very inventive mental math, because we're not actually quantifying anything, but this is the feel we're looking for.

The feeling that we are efficient enough to be getting a return on our investment, we're getting more out than we're putting in, that we look AMAZING for the amount of effort we actually put into it all.

This is a great way to maintain the 'feel goods' that come from exercise and paying attention to what you eat.

So the plus 2 is subjective to you, but sometimes it can be important to feel like you're winning at fitness.

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