

yeah, 730 days no exceptions

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SUMMARY

The speaker celebrates their two-year anniversary of running every day, emphasizing the ease of maintaining a daily routine compared to the mental struggle of deciding whether to engage in an activity. They discuss the importance of accountability and self-imposed rules in achieving personal goals, using running and dietary choices as examples.

- *Daily commitment simplifies decision-making, eliminating the need for rationalization.*
- *Accountability is crucial for personal fulfillment and can apply to various life aspects.*
- *The speaker started running daily after feeling lost and envious of peers, leading to a sense of control and joy.*
- *Self-determined rules help maintain consistency; for example, the speaker's minimum running goal is two miles.*
- *The speaker's average running distance has increased over time, demonstrating growth and commitment.*
- *The discussion includes insights on dietary choices, highlighting the challenges of moderation with sugar.*
- *Personal rules can be flexible and tailored to individual needs, enhancing accountability.*
- *The speaker shares a story of maintaining their running streak during travel, showcasing dedication.*

7:30, baby. Come on. How you doing? Good for you. >> Oh, man. >> Get some. >> It's a big day. >> Get some. >> I feel all right. Get some. Get some. Get some. Get some. Come on. Come on. Hey, keep it going. Dad, give it to me.

I got you >> for 730 consecutive. That's the man behind THE CAMERA. >> GET SOME. GET SOME. GET SOME. >> ARE you kidding me? >> Today is my 2-year anniversary. >> Amazing. >> Of never missing a a day of running. >> This is the guy. This is the reason why I started running. Every day that The biggest learning for me over the last 730 days of running every day is that doing the thing, my thing is running, but this applies to anything.

This is universal. Doing the thing every day is easier than not doing the thing every day. Let me explain. By default, the thing is difficult. And if every day begins with should I do it today, yes or no, it means every day begins with rationalizing. Do I feel like doing it because I did it yesterday and I'm probably going to do it tomorrow and it's definitely okay if I don't do it. And honestly, today is just not my day. All this rationalization is a permission structure to say no. How many days in a row have you been running?

>> 3,34 consecutive. >> And this is why just doing it every day is easier. you skip all the considerations of should I or shouldn't I and the answer's easy. It's always yes. >> Okay. Why did you start running every day? >> Okay. So, I got to a point in life where nothing was really working out and I was really tired of it. My professional dream to be a soccer player went to crap. That's a long story. Talk about another day. And I started being envious of my friends like they were getting job out of college and I started en like losing my joy for life. So, I

got to a point like it was literally looking at yourself in the mirror moment and like stop making excuses. What can you do that you can hold yourself accountable and I went out there and I enjoyed myself like, "Well, this is not bad. I love this. I love that I'm in control and I'm holding myself accountable." And it was supposed to be every day for a year and then that turned into 9 plus and we're still going.

I'm so sick of hearing people talking about running. Running every day is a silly thing. It's my thing, but it's a silly thing. This idea of accountability, though, that is not a silly thing. That's a real thing. I think accountability is one of the things that really unlocks like a sense of fulfillment in life. So, I have a friend who's sober, used to have a drinking problem, been sober for more than a decade. And he said to me, one of the things that really, really landed with him was that when he first started going to meetings, somebody said to him, when you commit to sobriety, it means never having to make a decision of am I going to drink today? And that's a very serious, that's a very real, that's a very not silly version of what accountability means. And that's why this idea of every day of accountability I it's it's universal.

>> Yeah. This is called my >> This is called getting the shot at all cost. >> That is hilarious. >> You know my sister >> Yes. >> is a nutritionist >> and she like this I think this is 2 years ago she decided I'm done with sugar. >> Okay. >> And it's completely changed her life. See, >> but it's every day. There's no exception. >> Yes. >> Brown. >> Okay. I'm making a movie about consistency. Can I ask you questions about why you um about giving up sugar?

>> Yes. >> Okay. So, why why not just have like a cheat day where you where you get to have sugar like a one or two days a week? I experimented with all different kinds of moderation, including cheat days, including cheat meals, just having it once a week, just having it once a day. I had tried every combination. And what I found is that the way that sugary, hyper palatable foods lit me up. I was never able to stick to my moderated plans. Um, I I always wanted more. It was like a drug. Do you think it's easier that you do it every day versus when you tried to do it like a couple days a week or whatever?

>> Absolutely. >> What are the rules? >> What What are your rules? Like what? >> Yes. >> My favorite part of every day is that you get to write your own rules. >> Yes. Like no, you're holding yourself accountable on that. You're holding yourself accountable. >> Your own rule. I think that's very important because we can't gate and we can't be like, oh, this is in order to be a run. No, my rule was in the beginning 10 minutes a day. I end up going just over a mile and then end up being as I got comfortable with it. No matter what, minimum has to be 5K or 3 miles.

>> Okay. >> And but average than over 7 miles a day. >> Look how cute she is. Okay. And then what are your rules? Cuz like an apple has sugar in it. >> I had to figure out what really works for me. So I would never say no to any type of natural sugar. And that is apples, sweet potatoes, beets. Um, even dairy has natural sugar in it. I don't worry about that. What about ketchup? Added sugar.

>> Um, ketchup is a little bit of a gray area for me. I do buy the sugar-free ketchup. It has Splenda in it. >> That That's the thing about accountability is that the rules, they're self-determined. They're your rules. You just you

make them up and then you have to hold yourself to those rules. My everyday thing, my rule is I have to do a minimum of two miles a day. My average over the last 730 days has been 7.2 miles, but my rule is two miles a day. And the one day I thought I was going to break the rules. I um I wa You guys are going so fast.

>> Okay, this is like a year and a half ago. This was the day I thought I was going to break my my streak because it went like this. Okay. Friday, I ran in the morning. We left New York, fly. Saturday, we arrive in the London airport at like 7:00 in the morning and then leave the airport at like noon. Do you see it, Georgie? >> Yeah, it's a big >> It's a big one. >> And then arrive in Cape Town on Sunday.

And then I would run on Sunday. So, where in here could I run? I had like a 3 hour, 4 hour layover in the airport. And I was like, there's just no way. >> Mommy, look up. >> I remember like sitting around getting food and I said to Candace, I was like, "Watch the kiddos. I'll be back in like 25 minutes." And then I found a tunnel where they like moved the garbage under the airport. And I just ran back and forth until I got to like 2.3 miles.

Streak maintained. This is living in the dream. Living in the dream. Remember what is life. Come on. >> Okay. All right. Awesome. This is helpful. Um I'll call you back cuz I got to talk to you about dad. >> Hey, congratulations. Come on, guys. And what are you doing tomorrow? >> I'm running. JUST KEEP GOING. GET UP.