

the truth is, it all boils down to utility.

to usefulness.

beyond true and false, there is the usefulness of an idea.

there are many examples, extreme and mundane, about the belief of something being useful. being a means to an end. it simply takes some understanding, some acceptance of the effect our beliefs have on our actions, and the willful shaping of those processes.

if you believe everything happens for a reason, you will find reason in every happening.

if you believe that you are always being observed, being judged, you will only make decisions you are proud of.

debating the truth of certain things is pointless, they are **beliefs**. as far as we are concerned, in this context, they are important only in their expression. in their usefulness.

usefulness is the reason that your coach may be lying to you. so many pieces of information are only half truths - are training wheels. they exist to help you along far enough to understand the next part. they exist to get you moving, to get you feeling and thinking. they are rules that saved us all like "never cross the street" and "look up while you deadlift " they are not true. but they are helpful.

i often get stuck asking questions, digging and trying to understand details. this has served me well in the past, and continues to do so today. but at some point i need a gut check. i need to ask myself if more information is going to help. i can get so caught up in the chase from A to B to C that when i am busy figuring out the tricky transition from D to E i could be actually working on A. long term goals are important, but too much focus can be immobilizing.

it is important to understand **why** something works, but not at the expense of actually **making it** work.

anything can be taken too far.

it is why i see training as a craft. as a skill more than a science.

it is about usefulness. it is about timing. it is about "right action"

whatever that may be.



sharing photos of my dinner on instagram makes me eat better. i think it is a waste of my time and ridiculous and, more importantly, that it works. so until i cook like this for myself as a default action, i will continue to use whatever tools are at my disposal until i am able to outgrow them. crutches are useful. the danger lies in getting comfortable using them.