

### A special note

Hey Guys, Considering it is Christmas and many of you are trying to prepare for family and friends, I wanted to wish you all a very Merry Christmas and hope that you all experience safe travels. Enjoy an extra newsletter this month and let me know if you think that getting two topics per months is something you would be interested in. I have had requests for more content, but I don't want to fill the inbox. Let me know.



Iron Cult Fitness is the latest sponsor to back Don is his quest for a National title. These guys are putting out some killer apparel and will soon have their full line of supplements that will be featured in the online store at ESP. Go visit the store soon to get your cool gear

### New Years Resolutions and Life Planning



OK everyone knows that I was an athlete and I frequent the gym from time-to-time. That being said, with a new year ahead of us. We are all talking about those New Year's resolutions and how we are going to turn over a new leaf. The truth is only a very limited few stick to those positive changes that make an undeniable impact on our lives.

#### SO HOW DO WE MAKE REAL CHANGE?

Well guys, this is all going to sound a little out there, but the changes that we make that seem to stick are the one's that are in alignment with what the Universe has in store for us. I know not everyone believes what I believe, but most of us believe that some "thing" or some "One" is in charge of this thing we call life. For me, it is the Holy Spirit and he guides me through the peaks and valleys of life and as long as I seek out his guidance, those changes that I endeavor that are in alignment with what He wants tend to stick!

#### ENTER LIFE PLANNING!

If you have not gone through a life planning session in the past, it is time you should consider it and this year is as good a year as any. What we forget all too often is that the reason we do things in life, the reason we go to work or the gym or to church is to serve a much bigger need other than money or success. The question is; Do you know why you do it? Have you really taken the time to find out what the meaning of your life is really about? I would suggest that most haven't and the idea of engaging in a deliberate attempt at planning life



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Pre-Order Don's book  
**"Enhanced Life Performance"**

**Achieving the greatest version of self!** by emailing him at [dmonistere@enhancedsportsperformance.com](mailto:dmonistere@enhancedsportsperformance.com). \$9.00 for pre-orders.

Expected release date is the summer of 2017

The book will detail how you can execute at a level higher than you ever imagined possible. It is a must read for anyone who is trying to get the most out of their life and leave a lasting mark on their friends and family.

**Enhanced Life Performance Seminar!**  
**February 17th and 18th**  
**location: Birmingham**  
**but venue still TBD**

seems a bit ... well.. out there. The one thing that I will tell you that I have learned from going through this experience is if you engage in a real conversation with God, the "why" becomes very clear and you too can live an extraordinary life. Your world and your impact on it becomes very obvious and the new version of self becomes enhanced many times over. Many people had me tagged as the jock, or the guy only interested in sports performance, which don't get me wrong I do love, but those who know me at work and at home know that I seek a higher level of performance in everything that I do. I don't always get there, mind you, but more often than not I am executing at a level much higher than average. Life Planning and the connection of Spirit, Mind and Body is the reason.

#### HOW DO YOU DO GET SO MUCH DONE?

I get this question from friends and colleagues all the time. The simple answer is that it is part of the plan that has been laid out for me and that plan is in alignment with what I am supposed to be doing. Obtaining and more importantly maintaining this alignment takes work and if your Spirit, Mind & Body are all finely tuned to accept the guidance given by the Holy Spirit then the result is nothing short of amazing. See, the Holy Spirit commands the universe in which we live and when you align yourself with him, everything else in the universe seems to just fall into place. Don't think that I mean it is without pain or things that on this earth we see as devastating. Sickness, death and disappointment are all a part of life, but if you have your life's plan laid out, those things are far easier to handle. I am in charge of the process of my life and the things that happen to me and around me are up to God. In essence. I have found the more I try to impact the outcome the less I truly accomplish. We need to be a faithful servant and let God take care of the rest, but inviting God in a humble way to help us find our path is not only a great idea, it is what God wants. "Well done, good and faithful servant!" "share your master's happiness" I think Matthew 24:23 explains this pretty well.

#### INTERESTED IN LIFE PLANNING?

Enhanced Performance is sponsoring a Life Planning session February 17th and 18th, if you are interested in attending please email me at [dmonistere@enhancedsportsperformance.com](mailto:dmonistere@enhancedsportsperformance.com) and I will send you the details.

Email us @  
dmonistere@enhancedspo  
rtsperformace.com for  
details

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