

Are overweight people lazy?



This picture was taken in the rain so it's a bit hard to see in this person's truck, but inside you can see an open Pringles can, a huge pop cup and the passenger seat is so stacked full of junk and stuff nobody could even sit in his truck with him.

This person is very overweight. This person came to my gym briefly, but soon quit.

I share this with you because there is a stigma that overweight people are lazy.

The answer is yes. But please let me explain.

Being overweight is the result of negative thoughts and depressed attitudes about life. Thus overweight people have less motivation toward excellence in their life. In fact some have very little motivation toward excellence at all.

Their internal motto becomes:

Life sucks, I suck, why try to be excellent?

If you saw the person who this truck belongs to you might define him as a "slob". And this adjective might very well describe his level of motivation toward personal appearance, hygiene, home cleanliness, attention to detail in life and self.

Let me be totally clear! This is A RESULT OF HIS THINKING ABOUT HIMSELF_and not truly who he is. Because he thinks low of himself he ACTS low of himself—like what we in our culture would define as a "slob".

However what he doesn't believe or even know is that he is truly a perfect creation of God, who let other people's negative opinions of him become his own and now he is living those negative opinions out in his life. His belief IN WHO HE IS is reinforced every day as he sees his own "slob

behavior” and even occasionally people might complain or comment about his being a slob or lazy.

This is truly a sad, sad reality in so many people’s lives.

Has anyone called you “lazy” or a “slob”? Have you felt like one?

Does your car look like this or your home?

Are you internally dedicated to excellence in every part of your life?

Realize that the only way you can believe you are lazy or a slob or anything less than excellent is to believe what others have told you in the past and that you are now telling yourself and believing.

This realization is one of the most important “aha moments” you can have!

Just like this man who should be living a totally excellent life, he is choosing to believe he is not so he is living a less-than life of this choosing. ☹️

Choose your beliefs well because from them you choose who you are and your life.

Live by Choice!

Dave