

R Fit Calendar

April 1 Happy Easter!

April 2 Reno's Back!
Gym Re-Opens

R Fit Info

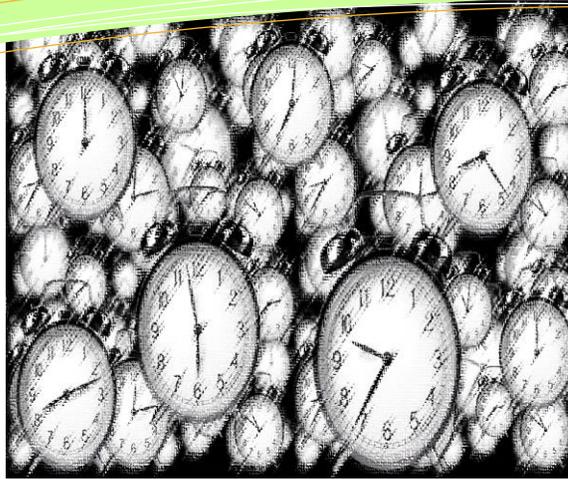
Our Mahalo Outing at Nocturna Lounge on March 17, 2018 was an amazing success! Thank you to everyone who came out to sing, eat, drink, and be merry! We had a blast!

We will keep you posted on R Fit's 3-year anniversary celebration as August draws nearer!

Mahalo to those who came to work out while Reno was away. We are glad that you were able to get that work in. Some of you were able to meet R Fit Fam members that you haven't seen before, which is GREAT! Thank you!

We have a new R Fit water dispenser. You are welcome to use it to stay hydrated! Be careful though...the hot water is very hot!

Please wear clean shoes to the gym. Let's keep the outdoors outdoors. Mahalo



Time Management

It's written about, sung about, prayed for, cried over, loved, enjoyed, utilized, and wasted. You alone have it at your fingertips to do whatever you want to do with it. So, what are you doing with your time?

Motivational speaker and entrepreneur Jim Rohn spoke often of the importance of time management. Ben Franklin, Aristotle, Bruce Lee, and many other historical figures also spoke earnestly about the significance of time well spent. These people have been gone for so long, and yet we remember them for the incredible things they were able to accomplish in their lifetimes. If you think about the most influential people in history, or even those alive today, they all have the same 24 hours in a day as you and me, which means, we are just as capable of influencing our own lives and the lives of others in astonishing, remarkable ways. The difference is how we spend our time and what we want to leave behind for future generations.

It's easy to be busy and use the excuse "I have no time." But somehow, we seem to find time to eat, catch up on social media, watch a little

television, or just plain do nothing. The truth of the matter is, we will find time for the things we want to do, and we will find excuses for the things we don't want to do. The other truth is we still have things that HAVE TO get done before we can do what we want to do, like going to work, folding the laundry, cooking, cleaning, taking the kids to practice, etc. The list is endless. So how do we manage our time in a way that everything we must do and want to do can be accomplished? Below are a few pointers from Jim Rohn on how to manage your time wisely.

Identify Your Purpose

Your purpose in life is that *one* thing that is so significant to you that it almost becomes an obsession. It draws you in and pushes you towards the future. Do you have a purpose for today, tomorrow, next month?

Identify Where You Spend Your Time

Do you spend your time on things that are important and "major" in accomplishing or fulfilling your purpose? Or, are you busy just moving around with no real achievement?

Monthly Quote

"Let others lead small lives, but not you. Let others argue over small things, but not you. Let others cry over small hurts, but not you. Let others leave their future in someone else's hands, but not you." -Jim Rohn



Saksongkram “Ni” Payakroon, Reno Remigio, Samart Payakroon, and Ivan Flores. Ni is an accomplished Thai boxer himself and is a multiple champion in the smaller circuits. The Legend Samart Payakroon is considered to be the best by all of the elite in Muaythai. A 4x Lumpinee world champion, a 3x writers of Thailand fighter of the year award winner, and a WBC Boxing champion! Samart is the greatest to ever do it.



Reno with Kongtoranee Payakaroon. The elder brother of Samart Payakaroon, this legendary fighter is a 5x Lumpinee world champion! Lumpinee is the most prestigious stadium and the Mecca of Muaythai.

Save Work for Work

How often do you bring work home? This includes thinking about work and what needs to be done tomorrow, what deadlines need to be met, and who you need to talk to. When you are at work, make work your priority. Be serious about it and focus. Most of our day is spent there, so don't waste that time of your life playing around. The same goes for when you are at home or at the gym. When you are home, be home. When you are at the gym, be at the gym. Wherever you are, be there 100%.

Learn to Say “No”

One reason we are unable to leave work at work or home at home is because we say “Yes!” to everything. Sooner or later, every facet of our life is being mashed together and the time spent in these areas are now compromised. Do not overload yourself with things to do. Be honest with others and yourself by simply and politely saying “I don't think I'll be able to do that at this time, but if anything changes, I'll let you know.”

Analyze Your Weaknesses

Think about what needs to get done. Analyze what you can do and what you aren't so good at doing, then get it covered. For the things you aren't so good at, save yourself the time and energy it takes to do that one thing and delegate someone else to do it. For example, don't go spending your time fixing a broken car and risk it breaking again just to save a few dollars. Spend the right amount of money on a mechanic who can get it done right and in a reasonable amount of time. That's his/her expertise, not yours. Let it go.

Beware of Technology

This is especially true with the technology we have today. Be cautious of what you allow to steal your precious time. Is your family losing out on family time because you're on your phone? Are your kids losing time running, playing, and exploring the natural world because of their game consoles, computers, or their own phones?

“Let all communication systems serve you but do not let them intrude!” -Jim Rohn

Ask Questions

This one is simple. If you're missing information, just ask. Find out what you need to know. It's better to ask a stupid question than to make a stupid mistake! Be cautious of the time wasted figuring something out when all you need to do is ask.

Learn to Think on Paper

As amazing as our brains are, we won't remember everything. It is important to write things down. Get it out of your head and on to paper. When you figure things out, set goals, have ideas, or want to remember an experience you've had, whatever it may be, write it down. Whether it be on your phone or in a journal, document your life. You only want to learn hard lessons once. Write it down now so you save time later.

Read

Successful people read. It's no longer an excuse to say, “I don't know.” With the amount of accessible information available today, it gets harder and harder to be uneducated. Learn all you can. People have already documented their lives and the lessons they've learned. Learn from them.

Be Confident, Disciplined, and Reliable

Being confident, disciplined, and self-reliant allows you to rise above any circumstance to achieve your purpose. It means that you gave it your very best, you took on your role knowing how important it is, you demanded excellence of yourself, and you earned every single benefit at the end. It means you value yourself and hold yourself to high principles of honesty, respect, integrity, and justice, and you are willing to see things through to its completion. Sooner rather than later, you will begin to see results.

We only have one life to live, and if you do it well enough, that's all you'll need. Time well spent.