

— BOOK 1 —

# 100

## Small Steps

*The First 100 Pounds  
You Gotta Think Right*

KEITH “TEMPLE” TROTTER



NEW YORK

— STEP 1 —

## Know *Why* You Are Doing It!

*“He who has a why to live for  
can bear almost any how.”*

—Friedrich Nietzsche

### **What the Experts Say**

The *why* is more important than the *how*. The *why* makes it personal and affords you the opportunity to buy into, internalize, and become intimate with what you have to accomplish. The *how* is sterile and foreign, and it dredges up all of your worst fears about Big Brother and the boogeyman actualized in HD. The *how* is given to you. The *why* comes from within you. The *how* can be all wrong for you, but the *why* is your baby, and in order to have a

beautiful, healthy, strong baby you have to nurture and promote her well-being.

### **How I Did It**

I posted my reasons all over the house. The main “reason” was a photo that showed up on my Facebook time line of how absolutely grotesque I looked at the New Year’s Eve party. I made sure my reasons were in close reach whenever I went to the bathroom or the kitchen, watched television, got ready to ride my bike, whenever and wherever there was an opportunity for me to lose the psychological war by rationalizing or negotiating what I called “the lesser path” (You know: the path that doesn’t hurt as much or demand as much from you). I just kept looking, and I keep looking, at that damned picture of myself at almost four-hundred pounds, spilling out of that wicker chair with a plate of food balanced on my stomach (why is it always a plate of food?) and I found the strength to pull those laces a little tighter and get out there and make this thing happen. I thought about all the times my little girls wanted to be active with their father and the excuses I was constantly giving them as to why I couldn’t be. Would I one day be too fat, disabled, and tired to walk my beautiful daughters down the aisle? I wrote my motivations down and looked at that god-awful picture first thing in the morning, and they were the last things I saw and dreamed about at night. And yes, I did exercise in my dreams.

---

### Step 1 Question

---

Why Am I Doing This?

---

— STEP 20 —

## It's Gonna Hurt— Get Over It!

*“Pain is weakness leaving the body”*

—Lt. General Lewis B. “Chesty” Puller, USMC

### What the Experts Say

*“Pain is weakness leaving the body”*

—Lt. General Lewis B. “Chesty” Puller,  
USMC, (c. 1955)

### How I Did It

At first I cried, a lot, and then my six-year old daughter Michaela (the Cheesy Poofs queen) asked me one day what was making me so upset all the time. I told her how I had allowed myself to get so fat and out of shape, and

how hard it was to do just these simple exercises that left my back, legs, and neck hurting so badly. My daughter has a great and ever-present smile, but she wasn't smiling and I could see that she was thinking hard. She then put her hand on my shoulder and said, "Remember when I kept falling off my bike, Daddy, and skinning my knees?" I said, "Yes, baby girl, I do. You would cry and cry and I would hold your hand until you felt better." She then asked me, "Do you remember what you told me about the next time? You said the next time I wouldn't cry so much, because I already knew it was going to hurt. I already know what it feels like, so it won't be a surprise and after a while it wouldn't even hurt anymore. I could take chances and fall all I wanted after that. You already know it's gonna hurt. Right, Daddy?" With tears in my eyes I looked at this wise and wondrous young six-year old and said simply, "You're right, baby, I do. Thank you for reminding me." This reminds me of Psalm 8:2: "You have taught children and infants to tell of your strength, silencing your enemies and all who oppose you."