

# "STRONG IS WHEN YOU RUN OUT OF WEAK"

**Newsletter #1:** Get ready for the battle with yourself

**Situation:** Preparation & Planning Prevents Piss Poor Performance

**Timings:** Sept 2019

My Morning Routine:

0420 Rise

0430 - 0445 Fuel

0445 - 0545 Training Session 1

0545 - 0600 Refuel

0600 - 0700 Training Session 2

0700 Seize the initiative



Why:

It sets me up for the day and puts me in the right physical and mental mind state to face anything that comes against me that day; it gets me battle ready. Regardless what happens during the working day, I've trained and completed that crucial task.

Challenge Yourself:

You will not achieve your maximum potential through your normal daily routine. Get outside the box and stop cruising in your comfort zone. You wake up tired and go to work tired. What is your purpose in life? Ask yourself this every morning and do something about it. Start trying new things. Start challenging yourself. It doesn't have to be fitness related; Read a book, learn a new language or prepare for that marathon that you always talk about.

Start with your weaknesses.

Darren Hardy

FORTITUDE FRONT

