



“FEARLESS is not living in absence of FEAR, but in the MASTERY of FEAR.”

Limitless

Good morning everyone, I hope you had an amazing weekend! The first week of April is done and Week 1 of the Strong and Fearless Challenge is over! It's been an Action-packed week of hard work, sweat, pain, fun and laughter.

I have seen more people in our community come together in classes, training sessions, and even through social media to work towards a common goal of health and happiness in the last week, than I have in almost 6 years of Personal Training!

I'm seeing people challenge themselves. Trying brave new things. I am seeing more people push themselves to new limits. This last week has even inspired me to begin working towards new limits of my own. As I thought about this though, I was reminded of something.

“The only limits you have, are the limits you believe” – Wayne Dyer

This always gets me thinking. Makes me think about the abilities of my mind and my body. What I am capable of in all aspects of life.

The last couple weeks I have been in a bit of a personal rut. Feeling unmotivated, uninspired, exhausted, exasperated, stressed out. I have not been operating at my fullest potential.

Yes, even a personal trainer, or motivational speaker, or positive people in general find themselves in hard times. We all have problems. Stress, pain, and hard times are a part of life. I had to remember that these things are brought into our lives to challenge us. To push us to new limits!

Here is the thing about limits that I had forgotten. There are none. There are no limits to things we accomplish. There are no limits to the pain we can endure. We must believe, and eventually KNOW that we are capable of anything. But only if we are willing to put in the work.

I would like you to write this down and read it at least once per week. It is my hope that it will help keep your mind right, and keep you going as it has me.

“Today, I will gladly accept these struggles and hardships into my life. I do so, with the belief that they will only help me grow and develop as a person. I will work. I will fight. I will overcome. I will succeed. My abilities are LIMITLESS.”

~~April 12th, 2018 is our first Day No More Fear! Make sure you check out last weeks newsletter to see how YOU can win a month of free Personal Training with yours truly! A \$250 value!~~