



“Your life does not get better by chance, it gets better by change”

-Zig Ziglar

Magnificent Obsession

Good morning everyone, and Happy MLK day. I spent a lot of time writing this week, as I have been very focused on my book lately. Its very exciting, empowering and motivating to think about what the future may hold. I got to 2 paragraphs and everything just flowed so perfectly that I just HAD to share it. For this weeks Rise Above, I'd like you to think about what in your life is or has been your "magnificent obsession". The thing that you LIVE for day in day out. What obsession can you devote yourself to? Commit every habit, and decision towards to make you happy?

From the moment I found my magnificent obsession, I dedicated and committed myself to it entirely. Personal Training, teaching group classes, learning how to become a salesman. As a student in high school I never would have imagined that I would be doing any of these things. Speaking of thing my younger self never would have thought possible, in July of 2017 I started my own business! The joys of helping others reach their physical goals, improving their nutrition, educating them on the importance of exercise was fulfilling. However, something in my heart and soul burned deeper. I found this desire to

grow, spread, and impact more people.

I started No More Fear to pursue my goal of becoming a professional speaker and life coach. In doing so I have been able to connect with more people, and influence those around me to begin to face our fears. Writing this book, is the next big chapter in my life. Finishing this book and having the opportunity to share my magnificent obsession with you.

~~4 Keys to Fulfillment~~

~~Wednesday January 17th
10:00am-11:00am
@ Burchell Highschool~~

~~Path to Wellness~~

~~Saturday February 24th
@ 11:00am-12:30pm
439 W Elmwood Ave Palmer, AK
\$40 per person.~~