

Subtitle: Why

Someone once asked me: “Why are you trying so hard?”

I will tell why.

Months ago, I was working out at my local gym, full, I could barely move (really, I couldn't move).

And today was strength day, which means it was deadlift day.

I warmed up and started increasing the weight and decreasing the reps until I reached the 180kg mark for 6 reps (I never did so many reps with that weight).

I started blasting the weight, lifting it, sweating crazy.

But I only reached 4 reps and I was quitting it.

It was super heavy, I was fatigued and I taught myself: “Well, it's time to move to my cardio routine”.

Well, I taught wrong...

I started listening to a master talking to his student that he entrusted everything to him and that he would never accept failure from him.

I felt close to home with that message, like a punch in the stomach.

It felt like my father was talking to me, patting my back, and saying that there was more in the tank.

And there was.

Went back, and lifted the 2 remaining reps.

I had so much strength that I thought for a moment that I was bleeding.

Laid down on the floor and started sobbing, like a spoiled kid who was told “no”.

Why?

Because at that moment I found my “why”.

The moment you find your “why”, is when you find all the strength you need to accomplish anything you desire.

My friend, I wish that I found it sooner.

If you haven't found it yet.

Stop reading for a brief moment and imagine who wanted you to succeed the most.

Who pushed you to become a better version?

Who trusted your capacity and never took you for a fool.

The moment you realize who that person is, there are no more limits to your capabilities, my friend.

You will transcend not only to a better man but to a man you never taught you could become.

And I will be right here waiting for you to share your story with me.

If you already had a moment like this before, reply to this email and share it with me.

I would be honored to read it.

Talk to you soon,

Jack Daniel