

Week 2

No Limits #Fearless

Despite obstacles - we can do hard things.

Race fearless - go out and make things happen. Feel comfortable taking risks and never afraid to fail.

When you can't keep going, go faster!

Find the delight and satisfaction of pushing through old limits!

Feel the satisfaction of a great workout or run!

Actions to embrace no limits

Ask, "Why not us?" , "What can't we do?" Set sights high!

Belief=Roger Bannister and sub 4:00 example.

Build a habit by feeding the process and getting better each day. This will give you and the guys the confidence that you can do anything. Be in the moment - relax and trust.

Doers will be criticized for doing things that are too hard for the critics! Fuel off of them, it means you're doing something special when you get questioned or even looked down at (it's jealousy, don't worry about it). Take risks, be fearless!

Society and 'normal' people will want to create limits to what you are capable of. Don't be normal. Be great!