

Subject: It's All a Game and You're the Main Character

Dear [Name],

Have you ever heard the saying "Life is a game?" Well, the same concept can be applied to fitness and training.

Just like in a game, there are rules, obstacles, and challenges that we need to overcome to make progress.

BUT MOST IMPORTANTLY...

The main goal of the game should always be to level up your character.

Think about it, when we enjoy playing a game, we tend to do it more often and take it seriously. The same can be said for fitness.

When we find a workout routine that we enjoy, we are more likely to stick to it and take it seriously.

In games, we don't get bogged down when things don't go our way...

We look at the situation from a different angle and solve the problem to move forward.

This same mentality applies to fitness and even your everyday life.

When we encounter an obstacle, we need to find a way to overcome it and keep pushing forward toward our goals.

By treating fitness like a game, we can make the process more enjoyable and less of a chore.

It can become a fun challenge that we look forward to tackling every day.

It's all a game. Stop wasting your time and overcome obstacles, and not stop until you achieve your goals.

Best regards

-Ibrahim