

REDO DIC for client/gym

SL: Why we kick ass for fun

As a fighter, I mean in the ring of course...

Especially as we get better with every blood-sweating practice, whenever we win a fight it flies our ego's over the clouds.

To the point that wherever I would walk, I would walk feeling like a celebrity, with narcissism flowing through my veins.

And when I would get a knockout, it was freakin' awesome!

But I never made the connection to why, exactly, we were doing this.

Not until later in my career,

Not until after all the glory, and all the medals.

Head on over to my website to read my story,

About how every belt felt almost worthless compared to my true ambition.

You can see the rest of my rant right over here.

Now, go bruise up some faces.