

Thank You

Life is a magnificent venture, and the better you feel, the stronger you are, the bigger the adventure.

You have the power to change your direction in a heartbeat. Motivation is nothing more than the thoughts, feelings, and actions you take that shape your reality and your body.

Every day is a fresh start, every day is an opportunity to restart. Fitness is a series of starts, pauses, and restarts until one day you realize you are in the flow and no longer worry or judge the moments you pause. Fitness is how you live.
It's who you are.

Your brain constantly rewires to create new habits and ways of thinking. If you don't like where you are currently, pick one thing to change and KNOW with a capital KNOW that small steps create everything you desire. One percent better daily leads to a 100% change in roughly a quarter of a year.

Your thoughts influence your emotions, which impact your physical health. This isn't said to make you feel bad, but instead to make you feel empowered, amazing, like you can shoot for the stars and dance across clouds. And, if this feels a little silly, stop and consider: how would shooting for the stars and dancing across the clouds feel?

Pretty amazing.

That feeling—the emotions it stirs, those are the type of feelings that get you where you want to go. Not the "shoulds," "have to's," or "I wish I had or hadn't done that."

Negative thoughts will always limit you, while positive thoughts fuel your dreams, your goals, and your well-being.



You have the choice every day to focus on what is working, on your desires. Tune your brain to possibilities and cultivate hope.

Think back on when you felt exactly how you want to feel. Capture that feeling and bring it back into your life, again and again.

Positive thinking and visualization have a basis in science for creating life changes. Use your brain, your emotions, and your imagination to create the future you desire. Remember, consistency is key to your fitness, and it's key to the life you love and want.

It's the secret sauce that will make your desires come to fruition.

Stay aware of your thoughts—have positive thoughts at the ready when you need them. Keep an arsenal of positive options for when the negative shows up. Because negative thoughts will show up—and that doesn't matter at all. The only thing that matters is to keep awareness and have that bliss list ready to focus on.

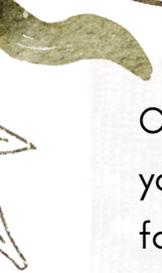
Begin your day the night before, knowing exactly what you want to do, what your fitness schedule looks like, and what your day brings. Then begin your morning with intention, visualize your body, your success, and end the day with gratitude.

Take risks, try new things, push yourself occasionally—when you stretch yourself, you never come back to the person you were before. You've created space for someone new.

Missing workouts, failure, and injuries are natural parts of being an athlete.

Take notice of what didn't work and then move forward.

- Trust yourself
 - Trust your dreams
 - Have fun
 - Take action
- 



Create an environment that works for **you**. Surround yourself with women who cheer you on, who want more for themselves and for you, women who are willing to push for a life of adventure and health.

Be kind to yourself. Your words have power.

Find ways to curb stress and emotional upheaval—deep breathing, moving your attention, meditation, journaling. These things are not luxuries; they are necessities in life.

Fitness is not a luxury, it's a gift and a necessity.

Change has ups and downs. Be kind to yourself, be patient, and celebrate your wins and progress, no matter how small or how big. They are signposts to a life well-lived.

Remember, your past does not define you or your future; focus on the present and the choices you can make now.

Forgive yourself for any choices you feel weren't the best. Forgive and move on.r.
Gratitude is a powerful tool for shifting your mood and perspective.

Skip any and all unnecessary comparisons that come up in life.

Resilience is bouncing back from setbacks and growing stronger from challenges.
Treat yourself kindly during difficult times.

Life is a journey. Celebrate, push yourself, have fun, and always trust that there's more life in your life and there's time to create what you desire. Choose what you want, give it your attention, start, restart, and start again.

Always embrace Fun, Fitness, and Freedom. Thank you so very much for saying YES to yourself, for choosing YOU.

With Love ~ Kelly

