

You Have To See It Before You Can Be It!

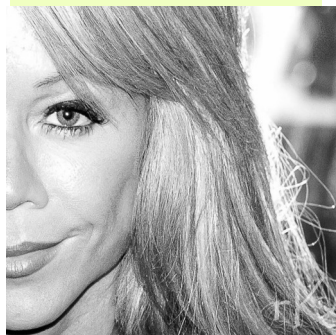
Believing In yourself is not only key, but the best gift you can give yourself!



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I have always been a person who speaks her mind, has no filters, and says it like it is without any regard to how it will be taken.

With that being said, there have been many people who have reached out to me for fitness and health advice. You can imagine the expressions on their faces when my honesty is more than they bargained for. I don't believe the people who come to me are ignorant on what they need to do. With all the information available to us via Google and other resources, we are bombarded with health and fitness facts. The core of the problem, in my opinion, is the lack of will and belief in themselves to become that awesome person they yearn to be.

I've heard change only happens when you are sick and tired of being sick and tired. That statement has a lot of truth to it. I have seen the most physically disabled person do more with their life than a physically capable person simply out of will and determination. Sometimes the most crippled person is the person with no physical disposition other than what holds them back mentally.

I met a competitor who faced breast cancer, chemotherapy, and had her breast removed. A year later, with the scars still visibly fresh, she stood on stage competing in Physique.

I met a young Veteran still in her 20's who lost a leg less than 6-months ago who had the most upbeat attitude ready to get back to work. I thought she lost her legs years ago.

I met another young Veteran who got bombed over 3 times, major internal injuries, lost an eye, both legs yet walked on my church stage and sang his heart out even though he was told he would never be able to walk on his own or sing again.

I can go on, but when someone tells me I inspire them or I'm incredible in their eyes...I'm lost for words because I've seen and have met greatness in people with much odds against them do so much more with so much less.

They believe in themselves. They refuse to be crippled or be seen crippled in the eyes of others. Sometimes it takes a visual scar to be a constant reminder of your capabilities.

What is holding you back from getting started on cleaning your diet up, going for that daily walk, going to the gym, or/and starting a weight lifting program? Maybe you need to write it down and put it on your refrigerator door to look at it every day. It could be the best Christmas gift you ever gave yourself!