

YOU CAN'T QUARANTINE MY HUSTLE

If you enjoy virtual fitness of any type, you've undoubtedly heard the instructors deliver lots of motivational one-liners and be super inspirational as they kick your butt with a smile. In this light-hearted newsletter, I'm going to share my favorite quotes from Peloton instructors and why the mindset behind them doesn't just push you on those HIIT workouts or the flat roads, but they help you climb the leaderboard in life as well.

In the midst of chaos, find peace

I've always liked the visual of the eye of the hurricane, where there's wildness and turmoil all around but the center is calm and controlled. Whether it's at work, at home, or in the middle of competition, you are bound to experience chaos at some point. It's important to know how to take deep breaths, center yourself, and focus on what's calming rather than what's happening around you. If you can keep your mental energy on the controllable aspects of the task rather than the uncontrollable aspects of the situation, it's easier to find peace amongst chaos.

Vibe check

Throughout the day, check in with yourself. Be aware of your mindset. If your attitude is negative or is holding you back, reset it and create a mentality that is beneficial.

***Easy is bull sh*t, you can't be proud of easy
If it doesn't challenge you, it's never going to change you
It's messy, it's hard, it's disorganized—YES!!***

These statements elicit a "bring it on" mentality for me. Embrace the challenge and welcome the opportunity to test yourself. When we conquer difficult times, we prove our resilience and we deserve to be proud of ourselves. Relish the chance to say, "Is that all you got?"

Discipline will carry you where motivation will not

The first time I heard this, a light bulb went off in my head. No matter how much you want to achieve a goal you set for yourself, there are days where you just don't want to do the necessary things. The reality is that we can't always depend on our motivation because obstacles can get in our way. Since we are human and it's easy to create excuses, our routines and our commitment to them are important. Your ability to be disciplined in doing what needs to be done in pursuit of your goals is crucial in helping you to be successful and persist when things get difficult.

***Get what you need, not what you want
Not because you want to, but because you can***

These quotes go with the previous one, if you only do what you want, you're going to fall short. What do you *need* to do to be your best? Are you maximizing what you're capable of doing?

***Don't talk about it, be about it
No excuses, just reasons***

Do you know your "why"? When you keep your purpose in mind, it's easier to persist through challenges and push yourself harder. When you add meaning to your goals, you give yourself a reason to overcome obstacles rather than allowing those obstacles to become excuses.

Failure just means that's where you set the bar

For this to be true, you have to be brutally honest with yourself. If you failed to accomplish your goal, you have to know you did everything you could to put yourself in a position to succeed. There's no shame in setting the bar too high, you had confidence you could achieve it but learned it was a lot more challenging than you initially expected. Reset your goal to provide a reasonable, accomplishable challenge. It's not failure if you learn, improve, refocus, and recommit.

***Don't focus on what you think you deserve, aim for what
you're willing to earn***

In the age of entitlement, this is important to remember: no one deserves anything. You get what you earn, and sometimes you don't even get that.

Smile! You woke up this morning!

Gratitude is always a good thing. Just waking up is usually low bar for your daily goal, but given what's happening around the world, we can all be grateful that we woke up and that we are healthy. Once you smile, take it one step farther and make the day matter and make an impact in some way.

One, two, one, two

Keep things simple. Sometimes we complicate life or make our tasks harder than they need to be, whereas if you stay in the moment and put one foot in front of the other, success often comes more easily.

What you're not changing you're choosing

I love this one. If there is something controllable that you're not happy with and you continue to let it exist, that's you allowing it to happen. As my dad always says, "Not to decide is to decide."

I am. I can. I will. I do.

Take life head up and face forward

Have confidence, trust in yourself, and know you're awesome, capable, and that you will be successful.

Summary

While quotes can provide guidance and inspiration, it's on you to create the mindset that echoes the words. With anything in life that makes you uncomfortable, sometimes you need another voice to push you and provide a dose of motivation, but ultimately it's up to you to take those words to heart and take ownership of your mind, body, and behaviors.

Make it Great!