

Motivational Tip 10

"Good, Better, Best"

What a great mindset. We have a client at F3, and he explained to Mark about 2 months ago that this is his mantra. He says he wakes up every morning and declares to himself that the day is going to be "GOOD,BETTER, or BEST!" He also heard another client talking negatively about another person, and said, "Hey my dad always told me to either BE POSITIVE, or BE QUIET!" It's magical what you can learn from people if you can just stop and listen. We hope you enjoy this weeks nutrition information, and workouts. The hope is that you make it "Good, Better, or Best!" And remember to be QUIET, if you can't be POSITIVE!