

Time is a gift
not a burden!!

THE ATHLETE Success Journal

NO LIMITS!!
NO EXCUSES!!

We are living in history and these times will be memorable for the World – how do you want to remember them. Did you just survive or did you thrive? We have been given the amazing gift of time & perspective – it's now up to us what we do with it. Let's not worry about how much time it will take to get back, but what we can do with this time. Let's come back stronger, fitter, faster & better. Let's show up better Tomorrow than we are Today.

Keep a daily track of your progress to be better tomorrow than you are today!!

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KEY:

COULD BE BETTER: ☹️

GOOD: 😊

AWESOME: 😄

EXAMPLE:

Nutrition	☹️☹️☹️
Fitness	✓
Strength	✓
Flexibility	✓
Mindset	✓
Sleep	✓