

CHALLENGE

DAY 15: Write Your Success Story

If we can't see ourselves succeeding we will never succeed. We have to believe it. For some of us that is very hard to do. We have experienced failure in the fitness world so many times we think that maybe we are different, we must be lacking something that is preventing us from getting to that final destination.

The only thing you are lacking is belief in yourself that you can be successful. And I know you CAN be successful.

I want you to take out your RaceDay journal and write the story of your 90-Day Challenge. It doesn't have to be long but it needs a beginning, middle and end. The end better be good!

How do you want it to end? Can you actually see it ending that way? Picture it over and over again and then keep moving forward with the challenge because it's the only way you can get to that happy ending.

And if you complete the 90-Day Challenge it will be a very happy ending.