



“It is your reaction to adversity, not the adversity itself, that determines how your life story will develop.” - Chad Foster

“Far and away the best prize that life has to offer is the chance to work hard at work worth doing.” - Theodore Roosevelt

What is your Why?

You're at the start of something new and exciting - what you'll learn in SAAM has the potential to totally transform your life! Right now, you're feeling energized, motivated, and ready to go all in. But as time passes, this initial excitement will fade. Some days will feel harder than others, and staying consistent won't always be easy.

Take a moment today to write down your WHY. Why did you sign up for this program? What goals are you working toward - health or otherwise? What exactly do you want to change or improve? What will success look like for you? Who are you doing this for?

When motivation dips - and it will - this will be your anchor. Revisit it whenever you need a reminder of why you started and why you deserve to see this through.