

Excellence is a decision, but so is mediocrity. We can decide to act, or not to act, but they are both choices that have consequences attached.

Are you choosing half-assery or wholehearted badassery?

Excellence is born out of conviction but also exchanged for perfection.

When we choose excellence, we're choosing:

Respect - both for ourselves and for others.

Integrity - We live by honest, strong principles, and our morals are whole and undivided.

Doing our best, no matter what. Sure, we're going to fall short from time to time, but excellence allows for grace.

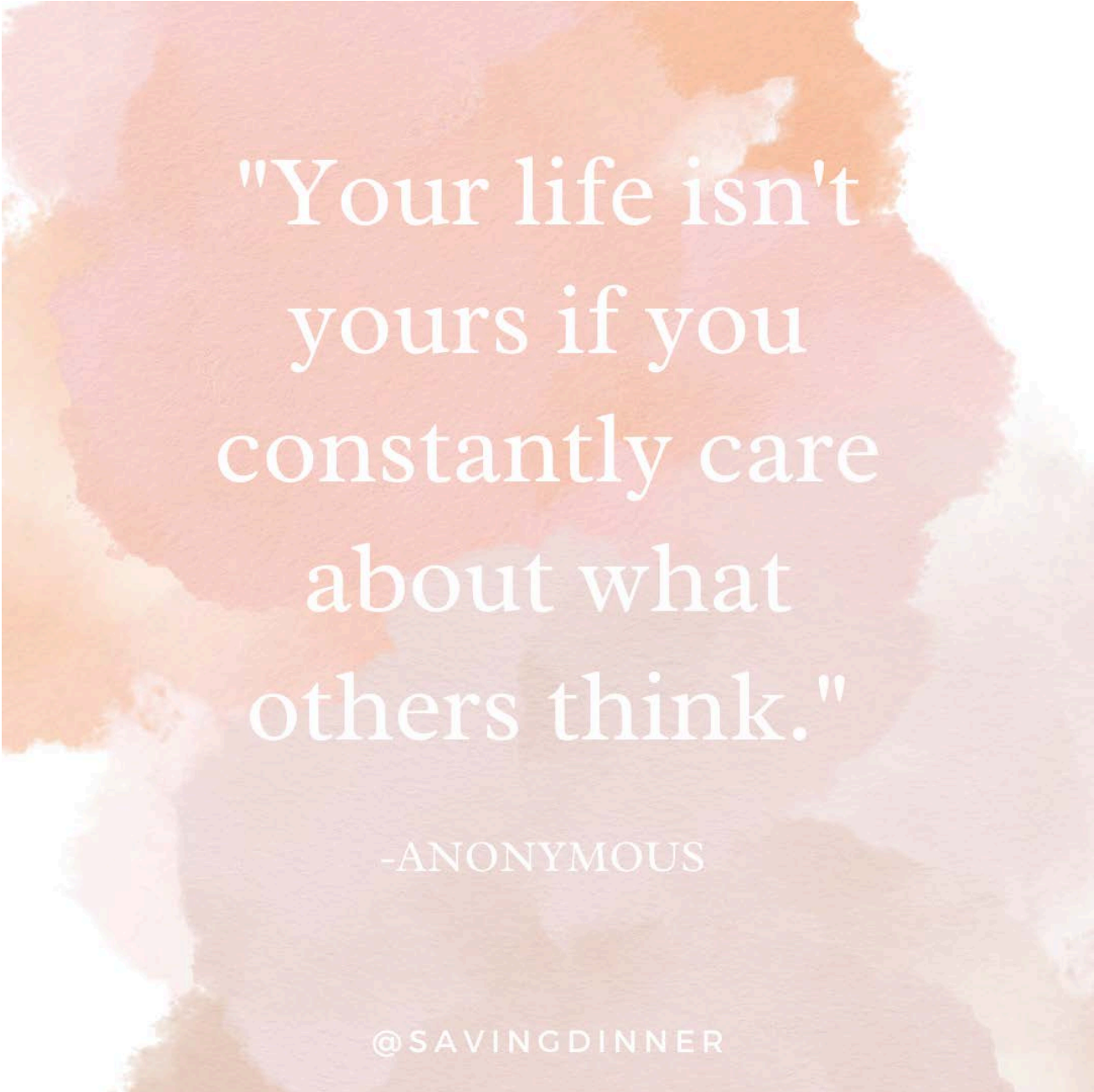
If we're stuck, how do we unstick ourselves?

1. Start small - the little things all count. Excellence is doing all the things to the best of your ability.

2. Self-awareness **CHANGES** your perspective. It's important to reflect upon, analyze, and extract the lessons from your experiences, but not the emotional attachment and critiques.

3. Grit, not Quit. Again, detaching emotionally is REALLY important.

4. Go through - stop running away. How different would history be if Moses had said, "Meh, we can't get across the Red Sea. Better just quit now." Have faith!



"Your life isn't
yours if you
constantly care
about what
others think."

-ANONYMOUS

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