

Bedros Keuilian:

I used to be the King of self sabotage. Hey guys, Bedros Keuilian here, founder and CEO of Fit Body Boot Camp. You can just call me Coach B, and I'm glad that you're in here with us working out, eating right, keeping a positive mental attitude and being involved and engaged in this group. That is the most important thing you can do.

Bedros Keuilian:

Guys, we're a tribe, we're a family, we're community, and even though you're not inside your Fit Body Boot Camp locations right now, I hope that you are fully engaged and involved right now, because that is how a tribe rises to their best level.

Bedros Keuilian:

And so the thing I want to talk to you about right now is the art of self sabotage. Like I said, I used to be the King of self sabotage. In other words, I would start a workout program on a Monday and I would go pretty consistently, and then over the weekend I might not eat right, I might not get enough sleep. I might skip a weekend workout, and then that would slide into Monday and then Tuesday and then Thursday and I later realized that I was self sabotaging, right?

Bedros Keuilian:

And self sabotage comes from a place of feeling like you're not worthy, that you don't deserve it, that you're not meant to be fit, athletic, smart, beautiful, sexy. And guess what? You're meant to be all of that. You're meant to be fit, athletic, smart, beautiful and sexy. So, you don't have to sabotage yourself. Anyone who said that you're fat and overweight and big boned and ugly and whatever, all they were doing is transferring those feelings on you.

Bedros Keuilian:

And odds are the reason we began to self sabotage is when we were younger, someone said something negative or toxic to us that was harmful, that was hurtful, and we started to carry that with us, not realizing that the person that said that was just transferring their bad, negative feelings onto us. And so then we began to self sabotage believing that they spoke the truth.

Bedros Keuilian:

They did not speak the truth. I speak the truth. And the truth is you're sexy, you're beautiful, you're great just the way you are. You're an awesome human being and you deserve to look awesome. You deserve to have a positive mental attitude. You deserve an amazing and beautiful life, so all you have to do is just stop hating on yourself, stop self-sabotaging, and do the work every day to get what you want. I'll see you later.