

Bedros Keuilian:

Hey friends, Bedros Keuilian here, founder and CEO of Fit Body Boot Camp, just call me coach B. Listen, if you are in this group right now, then you should be getting awesome workouts, great nutrition programming, and positive mindset motivation. I hope you are active in this group, I hope you're leaving comments, encouraging others, and holding yourself accountable to these home workouts and I know you are. So here's what I want to talk to you about today, negotiating your goals and dreams. See, oftentimes, we find ourselves negotiating, in other words, gosh, you want to go work out, but do I want to work out or do I want to sleep? Ah, I will negotiate and take the sleep and hit the snooze button. Are you constantly negotiating with your goals? If you have a desire to have a beautiful body, if you have a desire to have great health, if you have the desire to build your confidence and self esteem, are you negotiating that by getting 20, 30, 40 more minutes of sleep?

Bedros Keuilian:

Are you negotiating other areas of your life to really negotiate away your happiness, your sanity, the impact that you're making in your life, the influence that you have on people? Oftentimes, we're always negotiating with the devil and the angel that's sitting on our shoulders and I'm here to tell you that you don't have to negotiate your dreams and hopes and desires in life. You can have what you want if you are so disciplined and that's really what it matters to, that's really what it comes to, which is just self discipline. If you are willing to have that internal drive, that self-discipline, that thing that says, "I can either negotiate with the devil right now and take the easy path or I could wake up early and read three pages of a book or go do my workout or do my meditation or focus on that new personal development and growth program." You will make a tremendous difference.

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But I'm here to tell you as someone who in the past has negotiated his life's goals and dreams and happiness, and I can tell you it was very painful, very regretful. I've chosen over the last decade and a half now to never negotiate the things that matter most to me, not my health, not my mindset, not my family, and not my vocation and the impact that I want to make with this Fit Body Boot Camp brand that we have. So I hope you're able to stop the negotiation with your goals and dreams, and go all in on the things that you're excited for because we only have this one life, and I hope you understand it is not a trial run. This is a real deal. Thank you so much for listening. Hope you guys are having awesome workouts and I'll talk to you later.