

Bedros Keuilian:

Fit Body BootCamp friends, Bedros Keuilian here, I'm back again with another mindset motivation tip. You ready for this? What makes a winner? And the reason I ask you that is, that is something that I asked myself about 12 years ago. I got to be honest with you, I was not the most disciplined person, I was not the most optimistic and positive person. And I was kind of one of those people that kind of a well took the victim route, didn't really want to take responsibility in my life and blamed others and circumstances that were outside of my control. And I later figured out when I asked myself what makes a winner? I realized the thing that makes a winner is that when you take full responsibility and discipline. When you take full responsibility of everything in your life. So I'm asking you right now to be a winner in life, you've got to make sure you're not hitting that snooze button.

Bedros Keuilian:

To be a winner in life make sure you're motivating and inspiring others and not just yourself, to be a winner in life every day that you wake up realize that you can wear one of two shirts. The shirt can say, "What can I do for you?" Or you can wear the other shirt, the selfish shirt that says, "What will you do for me?" I can tell you this, that when I went and changed my shirt and wore the one that said, "How can I serve you? What can I do for you?" I started thinking like a winner and people started to really embrace me. People started to really pay attention to me, people started to really seek me out. And so my challenge to you is this, winners have a process they live by, they workout consistently, they eat right as often as they can, they maintain a positive mental attitude, they're always inspiring, motivating others and pouring into them with love.

Bedros Keuilian:

They're never hitting the snooze button, and of course they're out there serving others. And so the best thing you can do right now is to take the things that I just shared with you, the traits of a winner, and install them into you like I did some 12 years ago, and watch how quickly, not only your state of mind changes, but when your state of mind changes, your physical body changes and the people around you will begin to change as well. I'll see you tomorrow.