

Speaker 1:

Fit Body friends, hope you're doing awesome. Hope you're doing your workouts every single day. Hope you're eating clean every single day. And I really hope you're maintaining a positive mental attitude.

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So let's talk about this. Always being under construction. I always view myself as always being under construction. In other words, the best of me is yet to come. So many people in life, they'll peak. They'll peak in their mid-twenties when maybe they were the best at a particular sport in college. Or they'll peak when they're in their thirties, when they're making the most amount of money, or they're in their best shape. And then after that, they go, well, it's all downhill from here. I'm here to tell you that you should always be under construction, never peak. The best is yet to come.

Speaker 1:

And the way you always stay under construction is you use times like this, when we're in quarantine or social distance, or whatever the new word for this thing is, where we have to stay at home because we don't want the Coronavirus. Guess what? You have a choice. You can be under construction and become the best version of yourself by reading books that are going to help elevate you, build your mindset, build your personal development, build your mental and emotional, and really, intelligent quotient, right?

Speaker 1:

Because it's not just IQ, by the way. So many people think it's just all about IQ. It's not. There's also EQ, emotional quotient. How much emotional stress are you able to handle? And there's AQ, adversarial quotient. How much adversity are you able to handle? Right? And if you can build your IQ, EQ and AQ by reading books, going on YouTube and looking at personal development videos, listening to podcasts while you're held captive at home, and doing these awesome workouts, well, guess what? You're going to come out of this quarantine a better person, more evolved person, and a better version of yourself. Never peak. I'll see you tomorrow.