<https://www.youtube.com/watch?v=_pEEVtiReVc>

you win some you lose some but you live you live to fight another

day it doesn't matter how hard you work I'm willing to work harder than you no

one will outwork me no one be the guy who Embraces hard work

the grind don't be afraid of being hurt don't be afraid of a shacking Fess in some blood some of us don't make excuses

some of us don't surrender some of us don't give up give me it go do something that's hard if you want it you got to go

get it most people don't want it that badly it's time to unwrap the potential

you can be superior man it's within you no one

said it was supposed to be easy Some People Want it

easy but I dare you to go the hard way I know what that feels like to be

left for dead after you gave make me you have I just believe in me and um I'm

going to overcome all my adversity they will not see you coming

as you rise as you work every single day

tiously in order to achieve greatness you must first believe you care if you

want to be good at something you want to accomplish something you've got to put in the

time so right now I need you to find a way to keep on living my friend I need

you to live I need you to live I need you to live do you hear

me there's no excuse not to be the hardest mothering worker in the room

life is going to be hard and you're going to fail and you're going to fail and you're going to fail

and you're going to fail and you're going to fail and then you're going to win you're

going in again and this time you're coming out with a

win if it's lifegiving if it's serving your purpose if it's going to transform

you into something you never thought you could be then do it

again I'm thankful to see another day no things aren't what I want them to

be no I don't have all the things I want to have but I'm thankful that I'm still

here I have another opportunity another another day to live

another chance to contribute another chance to make a difference in

life it is ridiculously impossible to become a human being I am one I have

other good things going for me as a human being and I'm just grateful you you're dwelling and looking at what you

don't have versus looking at what you have you are

alive against stupendous odds

you are breathing air observing sunsets gazing into the night

sky most people who could exist will never experience

that I need to constantly remind

myself I'm not yet where I want to be but I know I'll get

there I'm not where I want to be but I am

grateful I am so grateful that I'm not where I used to

be I find 10 things to be grateful for before my feet hit the ground 10 things and they can't cost

money and especially if I'm feeling strained and stressed I go over my gratitude's list cuz gratitude will

reduce stress all day long happiness only requires that you

are grateful if you've got a billion dollars and three beautiful children that love you and a beautiful husband or

wife but doesn't matter what you have if you're not grateful if you live in an emotional home a habitual pace of worry

or frustration your life's called worry and frustration perspective and once you see gratitude

and opportunity life is fun you get to decide if you're going to dwell and play prevent defense or if you're going to

see opportunity and be grateful and go on offense I am not where I want to be but

I am so grateful I am not where I used to be if you didn't make me you can't

break me if you didn't make the sun come up you can't stop me if you didn't make the moon shine at night you can't stop

me my purpose my will my dedication my motivation is all about doing the

business because guess what ladies and gentlemen that's what I'm about I'm about that business I'm about that life

you have to stay grateful you can't take things for granted we have so much abundance in the world so much

opportunity and too many people are crying about what they don't

have instead of being so deeply grateful for what they have do all you can within your power

and the power of others who love you to maximize what you can be what you can

think what you can learn how you can love whatever it is that's what you've

got use it

I got one question to ask you can you do this thing alone I've trained 99% of my life

alone no one Pat me on the back I did all of the work

alone wolves don't lose sleep over the opinions of a lesser

species be alone go to that dark space you may not want to fight that

battle but you need to a beast is someone who can go through

hell and be grateful that their legs are working what are you are you a sheep or

are you a wolf when you train alone I can take

myself to such a level of real real passion and

purpose nobody's going to feed us you got to feed yourself the feeling I get is something I can't

even exp I don't need anyone it's on you you got to want it as

bad as you want to breathe success starts with you it's all on you if you want to be

strong you got to learn to fight alone yes you're tired yes your mind is

saying give up yes it's saying quit but you cannot quit because you realize you have not reached the goal yet

day in and day out you got to keep on working and if you're get knocked down so what rise up and get

up nobody's going to believe in you until you've already done it nobody's

going to come and celebrate with you until you've already done it which means you're going to have to work for a long

time by yourself with no applause with no awards no one's going to believe in you in the beginning nor should they be

okay with it if I have to do it alone I

will start alone but get

started this is your day get up and Conquer your day he tell you something about

self-doubt you have to conquer it if you let self-doubt rule your decisions

you'll never get anywhere if you don't believe in yourself nobody will so be bold be relentless and never let anyone

stand in your way this is my day to read a new book this is my day to start a journey this is my

day to make an investment this is my day to invest in myself this is my day and

this is my time and it's my turn this is the day I take it seriously

I got one window I may not be here tomorrow the biggest regret of the dying

is never becoming your ideal self you got to focus on conquering

today this is the moment the Moment of Truth for

you to understand that within you there are great

possibilities it all starts the moment you take responsibility and say to yourself nothing is going to shake my

destiny but me you will go through things and while you're going through them you can't understand why it's

happening to you but but after you go through it you get back and you look at it then you say

oh now I understand why I needed that lesson then I saw that that was

preparing me for bigger and better things you still have time don't quit

don't give up you still have time you can do it you can make it happen but you can't do it procrastinating you can't do

it talking about it right but there's a total different feeling when you accomplish stuff you got a different level of credibility for people people

see you different people are willing do things for you that they've never done before people you have credibility that you never had before and so I encourage

you I encourage you follow through I got the trust that I am someone that

somebody believes in you got to believe that you got to stand on your faith you

got to stand on your strength you got to stand on who you are

take back control of your life stop being a victim stop letting life push you around and start fighting back cuz

the minute you tell yourself that you control this is the minute you can start to change it I made my last excuse

yesterday my last reason I came up with my last reason yesterday of why I can't do what I'm supposed to do this is your

day you've got a window you've got another 24 hours another opportunity to

forgive somebody another opportunity to let it go another opportunity to look up

and get up I'm just wondering when are you going to seize the

opportunity you are worthy you're

worthy life my friends it's a test of your

grit your determination when things get tough and

trust me it will you got to remember one thing it's not how hard you

hit it's how hard you can get hit and keep moving forward you see Rocky B Bo

he said that these words stuck with him because life ain't just about the

victories it's about the battles you fought to get there it's about the

failures the echo of the daughters that didn't have the perseverance to keep chasing the

dreams that they wanted so they told you to stop chasing yours but we're not

going to listen to The Echoes of the doubters we're going to listen to our soul we're going to listen to The

Warrior that lives inside of us all that tells us it's not about our

circumstances it's about our opportunities and not just about those opportunities it's about seizing those

opportunities every chance you get because ladies and gentlemen I got to tell you that these opportunities are

not going to come back around do you have what it takes to make it through this journey I'm telling you

young king keep fighting because your life depends on it today we're going to

reach for the dreams where they said we couldn't reach them it's your job to

rise like the Phoenix and show the world what you have to offer be the guy

who Embraces the ugly the miserable

um be the guy who Embraces hard work the grind don't be afraid of being hurt

don't be afraid of a sh fast in some blood it's the moments in life the decisions you make on a on on a moment

to moment basis that add up to be the guy or not the guy tonight I did

something you know that I feel more of a guy for me who I am my guy make the hard

decisions make the sacrifices make the unpopular decisions and become

comfortable in your own skin and if you are not a person that you are comfortable being alone

with that is the one person in this universe that you have full power full

right full responsibility to change if you had to create a human what would you put them through to make them

tough it probably wouldn't be a really chill life what would you put them through to make them patient you

probably wouldn't give them things immediately and so it's like we want these traits but each of the traits has a

price tag attached to it and it's just like do you want to pay the price T to get the thing and so I think if if people reframe the the period of life

that they're going through as the price that they're paying out of their wallet but the wallet is their time is the seconds of life that they're trading for

it then I think more people will be willing to make the trade because at least when I look at myself like when I'm 80 something years old and I'm

looking back in my life I want to have these traits but in order to have those traits I know I have to go through these things and I think for me that's given

me a lot of comfort in hard times right now in life

your family is looking for that one guy right now they're looking for that one guy who's strong who's that pillar for

the family in hard times make sure when they look around they look around and

find you these are the times right now for you to step up be that guy that can take anything stay hard the biggest

regret of the dying is never becoming your ideal self I do believe that we're

thrust in a world that we don't fit in and I believe the journey is that a

lot of people sell you bill of goods along the way that if you get some awards you mean

something you go to a certain school you got it you're

cute classical Beauty you got the right man you got the right zip

code and you swim through all all that filthy swill until you come to the

really really Stark conclusion that I want to leave this

earth becoming who I know deep within I

I am supposed to be the next time you want to just give in that desire for

Comfort remember that your future self is going to be the one to suffer the consequences so easy to just put it off

and act like it doesn't exist but that future self that you're passing all these burdens to will one day be

yourself of the present and you'll wish you chose to do otherwise everything that you do counts

the biggest mistake that people make is they think that only what they want to count counts no when you read a book

when you listen to an audio program when you go to a course when you go to bed early and get up early and you work it

all counts never [ \_\_ ] apologize for being yourself if people don't like how you act how you look how you speak that

just means those aren't youring people don't change who you are to match your surroundings pick bettering surroundings

and be yourself and I don't know most men would understand that when a man cries and he's whimpering he's hurting

you know cuz I've been there and there's no shame in crying gentlemen men it's

okay to cry we can still be a man but you're also human and it does show a little bit of your vulnerability do it

for your loved ones do it for your wife wife do it for your husband do it for your children do it for generations to

come come on after you're dead and gone what will they say about what you did

yes there's so many people depending on you but it's got to start with you and

the man upstairs if you want to be great oh man

prepare to get up off that mat you're going to get knocked down over and over

and over and even when you feel like no no body it I can't be hit this hard or

if you're down there thinking there's no way I can get up from this that's when you're just

starting for some strange reason this world wants to see you water down the

reality of who you are our society wants to see you think like everyone else and

feel just like those around you maybe for somebody who's so

distracted from their true desires as a person that doesn't sound so bad but the

pain of seeing through limitation in full absence of

distractions is almost unbearable you see it hurts because the

resistance wants you to give in and mold to what's expected of

you and if I can provide some advice don't

I don't know where you are in your game of life you may be in your third quarter

you may be in your fourth quarter come on you're not going to live forever not in this world come on you may be in your

first quarter your your second half and this time it's got to be personal see last time you were just running through

the plays last time you were just running the songs that you rehearsed in rehearsal last time you were just going

through the emotions and you got numb come on and you got tired and weary and now you're broken and bitter and angry

angry cuz you lost and I'm just wondering if you're courageous enough bold enough if you have enough Faith

come on if you have enough inside of you resilience to come back to the scene his

life is Relentless you better keep coming back from all your failures all your doubts

all your [ \_\_ ] you better keep fighting keep getting up never [ \_\_ ] lay down for [ \_\_ ] that's one thing we should all

agree on if you've been broken one you know how that [ \_\_ ] feels that means

[ \_\_ ] it try and break me again you got a lot of people playing their hard earn money to come watch you perform perform

perform it's your job to be in shape it's your job to be strong enough to perform at that level every single night

and as a competitor I'm not I'm not ducking like it's not oh my God my back

hurts I'm sore we got to play Vince Carter and Toronto Raptors tonight pick your Mountain whatever that mountain is

is and each Journey up the mountain is million steps and each day you have to take that step yeah each day you take

that step you look up at the mountain you say that's where I want to go and then each next day you take your step over

and over and over again everything was done to try to learn how to become a better basketball player everything

everything and so when you have that point of view then literally the world becomes your library to help you to

become better at your craft Let Yourself Go fall free into it step into it you

are worthy you are an unrepeatable miracle and there is none like you in all the Earth there will never be another you your DNA your fingerprint

come on your gate your presence your authenticity come on you're special you're special and you're

necessary nothing changes if nothing changes man in order for something to change

there needs to be change they say well I'm afraid to make a change I'd say that's okay that's

understandable how afraid are you of not making a change let's make a little vision of

that you're 35 you hate your job what's the consequence you're not motivated you

don't want to get out of bed in the morning you're starting to get depressed you're getting bitter you're getting resentful you're getting cynical you're

amotivated at work you're not doing a very good job and you're starting to

shrink now play that out for 10 years you don't change it you don't fix

it and what happens you're going to be in the same situation but 10 years older and if you

can't get out of that situation now what the hell makes you think you're going to get out of it in 10

years you're only seeing what's in front of you you're not seeing what's above

you I can't change the beginning but could I change the middle could I change can I edit that story rewrite that story

and change my entire life everybody's so crippled by decisions but you never know

how the other thing worked out let me give you an example let's say you don't go to college and you start this

business and you were 100% right and it's huge and you're doing so great but

because you did that you had to fly to America for a big meeting and your plane

crashed and you died that would be a bad idea yeah or you

think you're going to go to college cuz it's a good experience and you'll meet people you can meet people in a business you're not going to know I think people

overthink decisions you'll never know what the alternative would have been so just pick one and do it change is

inevitable and you are either changing for the worse or changing for the better you decide I hope I do not believe in

you more than you believe in yourself right now listen to me guys the transition is going to be hard I'm not

going to lie to you go from being on the Block going to be a high school dropout to getting a GED is not the transition

is not easy so what happens in order for you to go from one level to the next level in order for any man to Transit

listen to me in order for any woman to transition for any man to transition the thing that they want must be greater

than the thing they currently have listen to me very closely I didn't come in here to tell you you going to finish school came to ask you what's

[Music] next I came to ask you what's next for

me it's the Nobel Prize I always think about other people

that's going through a tougher life than I am what if I had to change

places would I trade places you know there's something I would always say to people from time to time if I could take

out a piece of paper and write down my problems and you could take out a piece

of paper and write down your problems and we exchanged those papers and I'm

thinking I got such a tough tough life and you may have a tough life but I pick

up your paper the one you may have written on and I'm looking like wow I thought I had it

bad and then the other person say hey you got it a lot better than I do you know what I would do I would say give me

me a Pap give me my paper back I'll take my problems back the point that I'm saying is this I

didn't put myself in such a pity party position to where I felt why me why not

me why shouldn't I go through this see you have to know and I believe this even

more there can never be anything good unless there's some bad along the way

there has to be a challenge there has to be a struggle there has to be some setbacks you cannot think in your mind

that that's all you're good for is the good things how good are you when you at your

weakest point in your life where are you when you're at the down lad of your life then what do you do you are either

going to evolve or expire see everything changes the economy changes

relationships changes we change mentally and emotionally and physically and you

are either dying or you are either living a different person than I was this morning when I woke up the initial

reaction would be I'm not it's only been like 12 hours how could I be different but if I really think about it what do I

now know that I didn't know before um what you know what experiences have I

had that my prior self hadn't had when I had just woken up and if I actually think about it just like gratitude I'm

creating the frame of my past I actually can and do see that I am different than

my past self even 12 13 hours ago or the night before and by appreciating that I

now acknowledge that I've changed which increases my psychological flexibility it allows me to see that I am not the

same person that I am growing that I am evolving which is really useful for then thinking of your future self as a

different person you you don't know like like there is no there's no time machine

there's no future machine we're all overanalyzing everything like how do you know you

don't like this is why I keep trying to push people the only thing that I know seems practical is are you happy are you

happy today feels like it's the right thing are you like this is important it's you you can't analyze like I didn't

know that starting a YouTube show for my wine business was going to be the reason that I was going to have a huge investing career I couldn't see that

this 30 seconds is your life passing you by an opportunity to change it's your

prerogative you want to go down the path you have right now of your life and where it's going would

do you see an alternate path that's not Flatline a clowning up an estron of

membrance a possibility where dreams exist Legacy exist the possibility of

change so within the grasp these hand within the graas of 30 seconds it's

within you you had the will you're here I know you have the will you have the intestinal fortitude you have the want

of change you only live once so do what you feel passionate about take chances

don't be afraid to fail how do you know true strength when you never tasted your

WS when you never was down on your luck when you were at the

bottom I had to ask myself something and I realize you got to go

through this hell man this is it cuz as long as you living you got to keep

moving it don't stop starts with a thought but changing your thoughts is easy it's free can be instant what's the

point of making it complicated how does that help anyone who says well I'm messed up and so hard to change and

people can't change it's like well that's not correct who taught you that you from the minute you're born you're

changing oh you know it's it's long and arduous to recover no it isn't some

people recover like that some people don't but you could be one of the ones that change changes your thoughts

changes your feelings changes your actions after all when do you experience

the positive emotion that's associated with happiness the answer is not when

you've attained a goal but when you're pursuing one don't you realize excuses

will kill you it will destroy your well-being and the more excuses you make

the less effort you're going to give there's a million things I've done wrong it's because I didn't do something that

would have sent me somewhere else but I have no idea you don't know you don't if

you do not apply what you hear and it goes over your head you will miss your

moment nothing changes if nothing changes

man do it your way you don't need their permission but you need

yours you don't need their permission but you do need yours you do need to look at yourself and declare who you are

and you need to believe it you think my dreams are too big I

said absolutely not you just telling them to the wrong person for some of you the reason why

you're not taking advantage of this opportunity is not because you don't believe in it you don't believe in

you in order to achieve greatness you must first believe you

can cuz I get to decide I'm running my life now I'm finally in control of my

life I'm finally the boss of my life are you ready to be the boss of your own life are you ready to be in control of

your own life are you ready and you deserve to have everything

you want you deserve to live your best life you deserve it and stop listening to the people who tell you you don't

kill the noise what do they know we going to do the hard work now

not so here's the hard work I need you to confront

you I was created to be great I was created to do great things I was created

to have great things and I will no longer ask others for their

permission that person who was your hater they thought they defeated you that person who told you you'll never R

out to anything they thought they defeated you you want me to tell you to give up huh you want me to tell you to

quit huh that is that what you want me to say is you you want to hear ET say it's all right to give up it's all right

to surrender that's what you want me to say but listen to me BR I can't tell you that some of us just grind some of us

don't make excuses some of us don't surrender some of us don't give up and give in it's our Dream nobody's going to

see it like you do it it's your dream nobody's going to feel it like you feel it it's your dream nobody's going to be

as dedicated to it as you are it's your dream and they don't have to understand and they don't have to like it and they

don't have to do it it doesn't make a difference it's your dream and you my

friend have been given the task to make it happen and you can't let anything stop you from doing what you were called

to do what we do with the pressure is we say I got to take it I got to take it to

another level once you start questioning yourself you already lost all of us will

be successful in life if we don't don't quit I got to believe in me before anybody else believe in

me I was going to rip his heart out I'm the best ever I'm the most brutal and vicious and most ruthless Champion has

ever been I'll show you how much you can truly Buy and they left you for dead I

know what that feels like to be left for dead after you gave everything G you had

tomorrow night I'm going to smash your boy guys I'm going to smash your boy

there's the T still Undisputed they will not see you coming

as you rise as you work every single day

tirelessly work work

work work work damn it work work work

work work work work work work

I she don't know me son get it 18 me son

get it 19 me son yeah one more car the

bo it's time you realize that weakness it is my strength

that pain it is my development that struggle it is my

Triumph everything you think that is here to take me down is here to build me

up I ask you what is happening to us my friends what has happening to

us and what are we becoming what are

weing what are we becoming my friend what are we

[Music] becoming you know we've been fighting 400 Steel fighting to this day to this

day to this day at practice when I'm training during

games I switch my mind to something else switch my mode into something else right

for me it's the equivalent of Maximus desus Meridius and Gladiator picking up

the dirt smelling the dirt it's go

time I never underd did things I always overdid things when the war drum sound the

people that have been to war are the ones that actually say let's think about this first

because like I said before and like everyone says all the time and they say it like it's no big deal but War as

[Music] hell before you do that you should think about why you're doing it and understand

if if the people have the will to fight and

the will to fight as I've said many times before the will to fight is the will to kill and it's the will to die and those are some pretty big Wills that

you need to have this is your life my friend and I'm sure when it's all said in done you

don't want to look back and see that you wasted it this is your life my friend so you stand up this is your life my friend

so you rise up this is your life my friend so you keep going this is your

life my friend so you never give up this is your last my friend you need to keep

going this is your last my friend this is why you take to [Music]

go oh you make down you refuse to tolerate it so you may fall you refuse

to stay down so you may lose the battle you refuse to lose the war reach the

point of no return my friend where you're always willing to give

more my style is impetuous my defense is impregnable and I'm just ferocious I

want your heart I want to eat his children we all in the same room ain't saying nothing to each other everybody's game face like we

going to war with each

other now the way I look back then you know that that was all good and great but I wasn't in it to to look a certain

way I was in it to be

great out the 100 men that go on war tens sh you [ \_\_ ] be

there 80 of them are just targets nine do most of

fighting one is a

warrior and bodybuilding initially made me have to look at who I am as an

individual and do I want to do the training okay fine I can train but do I really want to diet do I really want to

give up time with friends do I want to be

misunderstood all humans are not created equal some people just have a beautiful

hand of cards yes that guy's got four aces and he puts them right in your face

boom I know if I bet on myself I know I can dictate everything I

run everything I'm the boss [Music]

take 10 seconds to get it again Beast get it bab come on yeah there you

go there you go energy let it out 7 8 9

10 a machine here there you go nobody works like David in this house 13 come

on 14 come on 15 shut that muscle down 16 come on

get it

17 come on we want to see it good 22 who's going to carry the boats in the

[Applause]

ls that's not all you have there's more left in you I know you're tired I know you're weary

I know you've been brought to tears all the blood all the sweat all the

sacrifice all of the suffering I know you want to quit right now but this is not the time to let go this is not the

time to doubt this is not the time to quit keep going use it to your

advantage you got to put yourself yourself in that cage when you're in that cage you are that character then

when you leave there it's something completely different but when I'm in that cage bro don't touch me don't talk to me leave me

alone push that last rep push with everything you got tell excuses to step

aside let weakness know that is not welcome in your

house Go Get It Go Get It Now and give it everything you got be productive be

powerful and from the bottom of my heart conduct your

business it doesn't matter how hard you work I'm willing to work harder than

you I know every [ \_\_ ] ain't going to do what I'm going to do that's how you level

up stop being average when your potential is crying to come outside of be more than

answer no one will outwork me no

one it's so easy to be great nowadays my friend cuz most people are weak most people don't want to go to that extra

mile most people don't want to find that extra cuz it sucks of course Talent without work is

nothing you got got to be hungry people that are hungry are willing to do the

things today others won't do there's no excuse not to be the

hardest mothering worker in the room you have to want [Music]

it and you're going to fail and you're going to fail and you're going to fail

and you're going to fail and then you're going to

win and that's life

life without those challenges it's just

existence don't just exist go

live eventually in action will cost you but your default setting should be I'm going to do something just get up move

towards that challenge and go attack it go do something that's

hard struggle sucks depends on how you frame

it if you want freedom in your life you have to have discipline move towards that challenge

whatever that challenge is and you may be successful and you may not be successful but you will be better and

the next challenge you're going to be more prepared for because we're going to have wins

we're going to have losses we're going to have successes we're going to have failures we're going to have good nights

we're going to have bad nights we're going to have good relationships we're going to have bad relationships we're going to have good ideas and bad ideas

we're going to make money we're going to lose money all these things are going to happen and if you oscillate emotionally

up and down drastically it's going to be problematic Embrace those emotions but

don't let those emotions embrace you keep pushing through things that suck

this is a very difficult thing to do because it hurts I'm going to go forward I'm not

going to quit so I'm going to go forward Bring it on I don't care how good you are on

anything you don't have discipline you Ain nobody cuz you give up under the slightest struggle without

discipline discipline is doing what you hate to do but do it like you love it

you may not know this now but you're this close igniting your inner champion and reclaiming your

destiny it's just that I want to be up more anybody in the planet want me to be down be champion before you become

champion ion wanting to get the best out of yourself not competing with anyone else but

you we don't back down from anyone and that's what got me in trouble I don't play games I don't kiss anyone's ass and

I'm a real man and that's why that's regardless of being a fight anything I'm a man and that's why I want to be a man

and if I die I want to die a man and when you're really focus you hear

everything when I come to the ring I noce everybody can hear you breathing I I hear you talking I hear

everything when I come out I have Supreme confidence I'm scared to death I'm totally afraid I'm afraid of

everything I'm afraid of losing I'm afraid of being humiliated but I'm totally confident closer I get to the

ring more confidence I get the closer more confidence I get the closer the more confidence I get but the closer I

get to the ring I'm more confident once I'm in the ring I'm a God no one could beat me no one to stop

me the world would know my name till the end of time

they call me the [Music] greatest because I'm a Savage

yeah that's who I was I didn't want nothing until I got something and when I said something I

mean the [Applause] crown you knew from the beginning the

world was going to know who Mike Tyson was 100% yeah at what age did you know that 14 why why is that because I was

beating everybody at

4 more than my skills I had the

mindset do the kill destroy break them down it's just I'm the

greatest you know success is all about a lifestyle I live the um lifestyle of the

champion at 14 in order to be the champion you have to live a life sty of the

champ it's all about discipline doing what you hate to do but doing it like you love it that's what it's all

about if you don't have discipline I don't care how skillful you are you're nothing if you want to be the best ever

while are you here confidence breathes success and

success breathe confidence it's all about the belief that you can do it belief is more

powerful than anything only thing we could do is just um have that focus and believe in

ourself and believe that I want to be up then anybody in the world wants me to be down and it's all about like I said

before self-belief my whole success um is from

belief I just believe in me and um I'm going to overcome all my

adversities the truth uh set you free but it's going to make you Miser first and that's how we improve as a

person improving ourselves you have to first have the

aptitude to do what you claim you want to do and if you have that and the determination and the will to win

there's nothing that you can't do impossible is nothing compared to

anybody that tries nothing's impossible then confidence breathes success success

breeds confidence and confidence applied properly will supersede a

[Music] genius life is just a circle they're going to hate me again one day and then

God willing they going to respect me again one day because in order to be a master you have to first be a fool I

guess you have to believe in yourself before you believe in anything else God

we living you have to believe in you once you believe leaving you and have a relationship with you is nothing that

you can't do you have to be the

champion in this to be the champion in

this when I win the morning I win the day so that's why exercise is important to relieve your

stress win the morning you win the day and so I I realized life is all

about in here it's all about your belief system Faith

fear never lose when you face it trust me never lose when you face

fear know our mistakes don't Define us our high points don't Define us life

defines us as long as you can have happy moments take as many of them as you can because

life is just a flick of the eye well that's what life is about you

got to you got to sit in your room some time give your subconscious some time and spend time and en and just Envision

yourself doing being with the most exciting people in the world doing the most exciting things in the world and

just living that fantasy and that fantasy will become reality one day discipline could be taking your

Illusions and turning them into a reality you dream of yourself something

bigger than what you can ever imagine and you become it now that's

discipline in order to be able to change anything you have to change yourself you

know you have to look in the mirror say what do I want to do to make me a better person or what is it that I can do that

could Define myself as being a better person than I am now you know who can I

help who can I worship who can I do something to or with that would make me

feel like a better person and help me reach my Highest Potential you have to find that first what do the die can do

help people you know that's all I think about how can we help

somebody visualizing looking into the mirror and that's what it's all about touching your inner core of your

[Music] Consciousness I don't believe in Talent well some people they have talent that's

it's good it helps when you have talent as long as you have a lot of determination and will power that's all you need and you you have to have the

will to win I you think anybody with the will will the will to win and desire not to

lose will succeed I would think of myself as um a roaring Gladiator like Alexander the

Great I feel like I'm a ruler when I'm in my mind thinking about accomplishing something I think possible nothing's

impossible to somebody who tries so I never think about failure in that perspective I think about failing but

not in that perspective I need the pressure without the pressure there's no me without the pressure I don't have the

guts to to say hey I'mma fight this guy I have to have depression anything that

I'm afraid to do I do it and um that's just how I live my

life the more you're comfortable with you the more you be comfortable with death and the more comfortable you are

with death the more at peace you are with

yourself I knew never to get discouraged I knew I would get my day if I continue

to try hard and believe in myself [Music] I am who I am and I'm going to die being

who I am and I'm going live being who I am this is just who I am it's all about what you believe I got

belief in myself and belief is more powerful than

anything life was given for a reason we exist for a

reason we were put on this Earth to do great things but the

challenges ladies and gentlemen the challenges had to

[Music] happen they must happen but we must carry

on what do we do with the life that has been given how do we face the circumstances

that have been brought before us do we give up do we stand up

do we push through those are the questions that we ask each and every day

when we are faced with adversity no one said it was supposed to

be easy hard times create tough Mass tough

Mass creates tough characters but you got to carry

on so when it gets tough you got to get

tough we are born to do great

things not everybody is going to stand with you not everybody's going to support you not everybody's going to be

by your side so when you're standing

alone make sure you stand with a pure heart that you do have

something that you must do learn to walk alone

sometimes learn to be strong when you need to be strong learn to understand that not

everybody will be with you I dare you to go down that path that

many refuse to go I dare you to show up and show the world that you have

something that is special and unique about you I dare you to show the world

something they ain't never seen before about you I dare you to stand up I dare you to breathe life to your

purpose I dare you to do it I dare you to be

strong I dare you to be a man I dare you to be a woman I dare you to be the one

that they never even knew existed all you got to do is just stand

on what you do pain

passion Focus Faith

you put it together you will be an Unstoppable

force not everything you do in life is meant for

you not everything that you want out of life is designed for you

but there Comes A Time in your life that you have to just say let's be

patient let's take the necessary steps let's make a few

mistakes I'm talking about the mistakes that happen throughout life just to get to a common

ground accept the challenges but don't give up

so when you're standing alone make sure you have the right mindset within you to know that hey at

the end of the day I must stand I must work I must

believe I will fight I will work I will

push and I will never quit on me you let the naysayers tell you that you didn't

have it you let negativity surround you you let doubt and fear control you you

let excuses kill you now what do you

do you got to get up stop sleeping on your dreams stop

sleeping on your desires stop sleeping on your passion

ladies and gentlemen no one said it was supposed to be

easy I will make everything count each and every day of my

life for my life is in my hands and I must be willing to do what I must do to

get where I need to be in my life hard

times what do we do how do we get through it do we

stress or do we take a rest from it do we know how to turn it

up and do we know how to turn it off you don't know enough about yourself

because you believed everything negative about you but you didn't have the truth within you you didn't understand that

you were made for a reason you didn't understand that you had power ladies and gentlemen get out there and fight for

your life

what you do right now matters how you pursue your life how you

go further in your life is what you put inside of your mindset and say I am

ready I must go forward and if I look back I'm too

distracted to see what's in front of me do you have to keep

going but the moment you doubt you step too far back and not

enough forward you lose you will lose yourself

because you have given up you will lose yourself and you will never find your way back because you gave up too soon

you will lose yourself because you didn't think you had it anymore battles are meant to

fight and you will fight each battle of of your life and some you will win and

some you will lose but if your heart is beating and your brain is functioning and your eyes are open ladies and

gentlemen get out there and fight for your life it's

hard deal with it every day you breathe

is a chance for you to live every day that you breathe is a chance for you to

make a difference every day that you Bree breathe is a chance for you to stand up every day that you breathe is a

chance for you to make a difference within yourself every day that you breathe is an opportunity for you to

fight every day that you breathe is an opportunity for you to let the world know that you are about your

business let the hard work begin let the

testimony be the testimony when you are tested be the testimony when you have

been pushed back pushed back even harder when you feel that you can't carry on

feel within yourself that you are alive and you got a job to do it is all

business never personal be productive be strong be powerful hard work never quit

and from the bottom of my heart ladies and gentlemen conduct

your

business again again again again type it in the chat again again again again

again if it's life giving if it's serving your purpose if it's going to transform you into something you never

thought you could be then do it again do it again type it in the chat

drop it in the comments man again again again again again this thing served me this thing helped me it hurt but it's

helping me and it's building a bridge to the Future and the destiny that I've been called to fulfill

period every time you go back you're building muscle You're Building mentality You're Building endurance

you're establishing faith it takes Faith to get out of this to crawl yourself out

of a messy history and leave a legacy it is the man that refuses to quit it is

the man that refuses to put down his gloves that separates winners from one

of these it is diligence and dedication and determination that separates the all

time Grace from the one hit wonders do you want to do this thing one time or do you want to be notorious for winning

over and over and over again I just want to know is anybody

listening that wants to do it again I don't want to win one time I don't want

to be noticed one time I Don't Want To Make History one time I want to do it over and over and over again do it again

no matter how hard it was no matter how much you cried and you sweat and you bled do it

again again again again again again again again again again

your goals are posted on your wall you commit privately and publicly to the

call that's on your life you think about it day and night whatever the goal is

it's time to shatter the ceiling above your head to break records to shatter

the status quo to punch through targets it's your time it's your turn you've

doubted yourself long enough people have left you overlooked you undervalued you underpaid you it's your time to connect

it's your time to get paid it's your time to sign the deal it's your

time everybody's great when they not tired this is when they tired that's when the real champions come out that's

when a real dog come out it's where I think the real truth comes out because I think there are a

lot of people who are very talented who can make it there there are very few people who can deal with the pressure

and stress that happens when we're there I feel I'm the best ever it's not bragging AB bosing the proof is in the

put in my mind I'm always the best I am the greatest spidal of all

time and when I hit you with a hard right hand you will

fall you got to win tomorrow you got to win right now if you're passionate about what you're doing keep going keep

believing Reach for the Stars everything is always impossible until someone does

it maybe it has never been done before that's perfectly fine with

me but I'm going to do it never say

never because limits like fears are often Just an

Illusion hungry dogs run faster and let the big dogs

eat if you look at the greats in any Walk of Life the greats do things when they

don't always want want to and that's the separation it means you have to be more

disciplined than not disciplined I wanted to be the best I could be

period I was waiting for you to smile at some of the compliments you didn't she being smiling doesn't when you gold

medals I'm too fast I'm too skillful and I'm going to show everybody out that watch this show and the whole world and

the world will vow and admit that I am the greatest of all times when you see what I do to George for

I believe that whatever I put my mind to and if I was willing to make sacrifices and I was dedicated that I could achieve

absolutely anything I'm the best ever I'm the most brutal and vicious and most ruthless Champion there ever been

there's no one can stop me I'd like to take this chance to apologize to absolutely

nobody maybe someone's don't like me because and maybe I'm too

good you win some you lose some but you live you live to fight another

[Music]

day and I've always believed like I'm to Michael Jordan of this industry when I'm on the air I'm the one that will make

you want to hear from me I don't care who I'm on the air with I don't care who it is it does not matter to me by the

time I finish speaking I am the one that you're going to want to listen to that's my

attitude if this requires 100% And you give me 99 I might want to

fire you because I'm not I'm about getting the job done it's about the

results and I think that you know unfortunately when we look at our generation today not enough people

preach about that because I think that we live in a society where people have become Masters at pointing the finger at

other people as to reasons why things don't get done I think there's too much explanation that goes

on but the bottom line is you ain't getting it done and if you're not getting it done I need somebody that can

get it done I am of the belief that if you truly truly adopt that belief in your

soul then you walk to work every day not looking for excuses you're looking for a

way for the job to get done and in most instances you are going to be successful

not you want to go with status quo you're you're you're perfectly you know fine with flowing along just get along

safe secure whatever but when you're trying to win you're constantly looking to get

better My Philosophy is very very simple when it comes to my family particularly

you know me being a dad if they're hungry it's because I'm starving I don't eat until they eat I

not comfortable until they comfortable I don't have unless they have that's the

mentality and that's the mentality that I strictly get from my mother and so for me you know having that kind of

mentality but what comes with that what comes with that is a certain work ethic that you have to put forth and it's a

willingness to sacrifice am I the most disciplined person in the world no am I the most meticulous person in the world

like some people would believe no I'm meticulous enough and I'm disciplined enough but I think the key thing is is

that the bottom line is everything to me and whatever the bottom line requires is

what I'm going to do if the bottom line requires an excessive level of discipline I'm going to do it but to me

it's whatever the moment or the situation demands and it's I'm a bottom

lines oriented kind of person you don't assume that

opportunities are waiting for you you know obstacles are standing at every door right

and so that challenge that you have to embrace and you have to deal with that's hard to deal with when you have achieved

it you don't work hard to play hard you work hard to have the ability to play

when you want to that's good there's a difference you handle your responsibilities first and when you work

hard and you have that sense of Pride it goes right out the window if you utilize

your efforts in the wrong fashion but when you do what's right and it's based

off of that effort that you put in then you feel good about it because you took care of your responsibilities then you

can go play and I was not always confident there's no doubt about that I've always

had my insecurities uhhuh what I firmly believed in was as it pertained to me

was that I always worked hard I was never lazy um I was always somebody that

believed in hard work betting on yourself is believing in

you knowing who you are what you're worth having an idea about it anyway and

willing to work towards that to validate that reality that's betting on

yourself it's your job and if you can't do it you scratch

claw and even die trying

we make excuses every day all of us as human beings on far more occasions than not I

have to speak on the issue of accountability as it pertains to the entire Sports World and when it comes to

the issue of accountability I get all of that from Mom it happened with ESN when my

contract wasn't renewed back in 2008 I was sitting at there I was I felt betrayed I felt ticked off my mother let

me lick my wounds for a couple of days and then she said what could you have done better you sure you didn't do

anything and I thought about all the stuff I'm like what is she talking about this is just not true this not right I work hard I do this I do that and then I

started thinking about it yeah I was a pain in the ass I did

kind of complain a little bit too much but the biggest thing that I remember doing is that I always came to the

bosses with problems I never came to them with Solutions it was always about the

problem never the solution and I learned

when I sat back and reflected on the mistakes that I had made in my career at the time I learned that no boss wants to

talk to anybody that doesn't have Solutions instead of working around the

clock trying to figure out what somebody else wants from you good or bad there

are moments that crystallizes it for you in your mind pay attention and you'll

see what they are and you'll know what to do accordingly that is what I believe makes

me the best it's my commitment to Excellence for the collective

[Music] whole life is going to be hard

no one said it was supposed to be

easy life isn't fair sometimes you just got to do it

[Music] alone what do you do how do you

live how do we get through it you got to stand up you got to get

up the path that you have chosen was never designed to be

easy Some People Want it easy but I dare you to go the hard

way what do we do with the life that has been given how do we face the circumstances

that have been brought before us do we give up do we stand up do we

push through those are the questions that we ask each

and every day when we are faced with

adversity Hard Times create tough Mass tough Mass creates tough

characters but you got to carry on so when it gets tough you got to get

tougher when you're stand standing on your own two feet and the storm is

coming in you still got to stand and sometimes you just got to stand

alone greatness requires work and hard work is how you get it you

don't give up because it's hard you don't give up because it's

challenging you don't give up on you let the hard work

began so when you're standing alone make sure you

stand with a pure heart with a great mindset because there's no one like you

there's nothing that can stop you no one can do the things that you do no one can

stand like you [Music] do you you have to keep

going you have to be truthful to who you are [Music]

inside it was never desired to be

easy don't give up go for

it the question is how hungry are

you how much are you willing to give of your yourself because it's really ultimately

up to you you can't sit around and waste time

you can't sit around and determine that everything is going to go your way because it will not go your way all the

time but I tell you what if you keep laying around wasting time time is going

to continue to carry on with or without you because you have already decided to

lay in your bed because you were just too tired to get

up it's up to you to make a difference so that you can be a Difference

Maker it's up to you to be a solution and not a problem that means you got to

be serious and you got to be willing and you got to be

dedicated you got to take that leap of faith I understand it will never be easy

I understand that I got to work I understand that sometimes I want to give

up but I will not give up so while you're sitting around moping

around blaming everybody for what you're not

doing guess what nobody's going to sit around and wait for you to do the right

thing for yourself because it's all up to

you so just get busy you are on your

way success doesn't have time for your excuses success doesn't have time for

your laziness success doesn't have time for the person who doesn't truly want to

[Music] change see I know you are scared

but turn that fear into fire we've all been there we've all been

afraid of something but don't give up you keep trusting you keep believing

you keep going embrace the

suck and keep on fighting it's okay that you fail but

don't think you don't have what it takes don't

doubt don't be ashamed trust in who you

are I must work I must believe I will

fight I will work I will

push and I will never quit on me

I know that I have to work I know that I have to believe I know I have to trust in

me you got to show up sometimes we are going to have to

just deal with the circumstances and the challenges that we

face you can't be soft you can't be weak and expect the greatness to come

out of you you can't expect anything good to come out of

nothing if you're not giving nothing you get nothing now get

up and do your work when it comes to the work ethic

that's when you have to dig deeper that's when you have to work harder that's when you have to shut out

all the noise and all the naysayers sometime ladies and gentlemen

you just have to be quiet and listen to your

passion listen to your heart listen to your

truth it's okay sometimes because these things are going

to happen no matter how hard you work but you don't have the right to

give up you don't have the right to give in and stop playing a Blame

Game and go about your business when you have been pushed back

push back even harder I dare you to go down that path that many refuse to

go pain passion Focus Faith you put it

together you will be an Unstoppable Force float like a F stay like

a I'm the biggest fighter in all history I'm the greatest fighter in all history

and I don't have to convince nobody now that I am great they all know it I'll fight any man in the world I'll

beat any man in the world as you know I'm a confident man I don't believe or can see anyone beat me nothing worries

me this is nothing but a small thing that will soon be out of the way I put everything on the line cuz I'm a two

fighting champion I got when I'm in the ring I'm handling

it and I don't worry about nobody being that good to really hurt me so if you

don't believe it come down here and try I'm unranked it will be no match oh

I'm so glad I'm going to make all of them shut the mouths all of my critics I told you all

that I was the greatest of all time I'm still the greatest of all time I'm going to float like a butterfly and and sting

like a bee his hands can't hit what his eyes can't see nothing can stop me as

you know I've been under all type controversy all kind of pressures but look at my face I'm the original

Champion a veteran of 186 fights not a scratch two time United State Golden

Glove Champion two-time United States national a champion World Olympic

champion 13 Rounds out of prct when my men are fall he who is not courageous

enough to take risk will come in life I'm a risk taker tell all of the people

out there who betting on Sunny that all of them are going to lose their money and get to the fight early because I

might get him in war all of you Chumps are going to bow when I whoop him all of you I know you got him I know you got

him picked but the man's in trouble I'm going show you how great I

am but I'm at such a high level until I don't think like you I'm not like

you they just don't want to admit I'm as good as I am [Music]

leave every excuse behind be transformed by the renewing of

your mind burn the boats eliminate the

options you're going in again and this time you're coming out with a win period

despite everything that happened to you you're still here and I promise you my friend that is no mistake that's a

purpose a purpose for you to live my friend a purpose for you to live a life

worth living don't you get it so right now I need you to find a way to keep on living my friend I need you to live I

need you to live I need you to live I need you to live do you hear

me you keep on living my friend the darker the night the brighter

the day my friend you see what anx body loves to do is it loves to add up What Fear loves to do is it loves to add up

what all past trauma loves to do it loves to add up what all worry and doubt

loves to do is it loves to add up my friend into one big fist and try to

knock you down until you're gone my friend but no if you keep breathing past

the anxiety you'll make it if you keep breathing past the fear you'll make it if you keep breathing past the trouble

you'll make it if you keep breathing past the worrior down you'll make it is

if you don't do something the other man is not doing then you're going to get knocked

off I don't care how many people have counted you out I don't care how many times you talked yourself out of it go

back and win listen my friend you see you and me

we're going to make it we're going to make it my friend we're going to make it

we're going to make it my friend I promise you we're going to make it we're going to make it my friend we're going

to make it we're going to make it my friend we're going to make it we're going to make it my friend we're going

to make it we're going to make it my friend we're going to make it we're going

to you are breathing to win you are breathing to live a life of abundance

you are breathing to manifest what it is that God has put inside of you write it

up again negotiate it again call back send the email again send the text

message again do not give up walk on the court again run on the

field again step into the arena again try it one more time and after you do

that you're going to come back for more you are establishing a new nature a new

protocol a fresh government of how you conduct

business let me tell you something my friend the cause of your downfall will

be because of you nobody else but you you keep looking around trying to place

blame on things people everything else instead of looking in the mirror at oneself and looking at who caused this

in the first place you close the door on your yourself because you are afraid to

look within yourself and see who did it my friend you are the one but you have

the key to unlock that door it becomes something

more it's your time it's your

turn the weit is over get up and give back to

yourself we can get so wrapped up in the swirl of business distraction and

noise that we lose ourselves I understand my

friend the pain it won't stop the

suffering it won't cease and it's hard to see it it's hard to see a better

outcome for yourself my friend I understand but look if you just

believe and you keep believing and you hold on to that belief brighter days are

coming WEA through the storm my friend weather through the pain and I promise

you you will come out Victorious you just have to keep

believing my friend if you do that you're going to be

okay you are not a quitter you are not a one hit wonder you are called to do

something great a lot of you really messed up the first two quarters of your life and if you're

like me you got to believe you got a third quarter and you can a fourth quarter and after all that's been said

and done every blessing and every battle and every memory and every image of the Past release yourself from the trauma

torment and pain of it all step into your third quarter step into your fourth

quarter be fully persuaded that it's your turn and it's your time I don't care what the scoreboard

[Music] says you have an opportunity a warrior only needs one

more opportunity to reveal to the world that he is

more than just a

dreamer if you're going to do something in your bloodline if you're going to pass something down generationally if

you're going to be a light then sometimes you're going to have to get up when you don't feel like

it you know what my friend I think you're stronger than that and I think

you're capable of much much more so bring it out bring it out every single

day that you live on this Earth bring it out every single day that you open your

eyes bring it out every single day bring out the best version of yourself my

friend because we still have work to do there are seasons and timetables and

there are rooms I've got to walk into and there are hands that I have to shake and there are contracts that I have to

sign and there are deals that I have to close that are going to require me to lose sleep sometimes and so if I believe

in the power of the future that I got to be willing to get up

you got the chance to wake up today but somebody else didn't you got the chance

to eat your breakfast wash your face brush your teeth but somebody else did it you got the chance to walk out your

door go to work go to school go about your day like nothing else happened but

unfortunately somebody else did it my friend you get the chance to do it all over again but somebody else will not my

friend take advantage of the time you have it all you

got you do time get dialed in if you're listening

to me let this be a moment of transformation and motivation but let

this moment not just move you but change you to take action go back and win

listen my friend you see you and me we're going to make it we're going to

make it my friend we're going to make it we're going to make it my friend I promise you we're going to make it we're

going to make it my friend we're going to make it we're going to make it my friend we're going to make it we're

going to make it my friend we're going to make it we're got to make it my friend we're going to make it we're

going to make it my friend but being a person that gives

again believes again does it again picks up the pieces and tries to put the

puzzle together again try it again and eventually winning will become a

habit flight progress success will become our way of life our code of

conduct our government this is what I do I'm motivated I'm dedicated I'm

groomed I'm conditioned I'm ready to conquer the

day you know the number one excuses I don't have enough time I always tell

people there's 168 hours in a week if you get 8 hours sleep a

night well there's 50 plus hours gone you still have 110 112 hours

left if you work 60 hours a week you still have 55 hours left to go do what's

important to you so I don't really buy the time excuse but that's the number one excuse that I hear it's time to get

real it's time to get raw it's time to look ourselves in the mirror and come to the resolve that this version of ourself

is not going to carry Us in the

stretch that I've been this version of myself long enough that if I don't change if I don't do something about

this then I'm going to find myself bankrupt a man is rewarded in public for

what he does in in private discipline is the single most important thing that you

can use when it comes to being successful motivation is fleeting no one

wakes up motivated every single day the key to success that you're looking for

the thing that's going to make your dreams come true is simple discipline

it's doing what needs to be done even when you don't want to even when you're not

motivated you're only disciplined once a week you're only determined twice a week

you're only you're only enthusiastic about the journey on Sundays or Wednesdays and once you get once you get

a covenant once you make a covenant with who you believe God has called you to be and you say you know what I'm going to

commit to this you're going to put the blood you're going to put the sweat you're going to put the tears in you're

going to lose sleep you're going to go days without eating you're going to do whatever it takes to make the sacrifices

necessary to manifest we give up too early and if we

just had a little bit of perseverance if we just worked a little bit harder and just took it a day at a

time our dreams would come true there are too many people in your

life who have left you there are too many people in your life who have counted you out there are too many

people in your life who have whispered in your ear and said you'll be worse off without them prove them

wrong when I start off my day by investing in myself I set the tone for

the rest of my life and everything else falls into place because I've set a precedent that I'm important that I'm

worth it that I

matter and so I tell people invest in you first and then you have the energy

the drive the passion to just uplift everybody else in your circle physical is the easy part see the

physical part all you got to do is show up if you can show up again be all in ask some question maybe we'll add be

willing to suffer a little bit into that mix you will be okay the psychological preparation

that's a different story I always say the mind is primary and I always say say that a a strong mind is a catalyst for

change when you see the best athletes in the world either perform really well or

on the other hand completely bomb out it's because of that muscle that lives between the ears we only have so much

real estate in our minds in our hearts we only have so much bandwidth and our mental capacity and the more

distractions the more delusions the more negativity that we allow to take up real

estate in our hearts and in our Minds the less energy we have to fulfill the

call to fulfill Destiny to manifest the idea everything that you think about

that you meditate on everything that has to your attention has to be worth your

time so now it's time to navigate and do an appraisal of everything that's in our

life everything and everybody in our life time to do an appraisal and ask it

and ask them this question are you you worth my time if you're not it's time to

unplug time to unplug time to unplug re rules Bobby Maximus lives by number one

show up every single day number two when you do show up you want to be all in you

want to be 100% present and number three be curious ask some questions along the

way don't be scared to admit that you don't know everything and if you can learn a little bit along was showing up

and being Allin the world is

yours if you want to be good at something if you want to transform your body you've got to spend 130 quality

hours and the next question I'm always asked is what does that look like it's an hour a day of dedicated practice for

six straight months if you want something if you want

to be good at something you want to accomplish something you've got to put in the time and the minimum amount of

time that you can put in is an hour a day of dedicated practice for six

straight months if you want to be good at something you've got to do it every

day like we look at people like LeBron James why is he good at basketball because he does it every day you look at

Wayne grexi and hockey why was Wayne so good in hockey arguably the greatest of all time because he did it every day and

so my number one peace advice to people if you want to be good at something whatever that thing that you desire is

whatever your passion is do it every single day that's the real secret to success we celebrate athletes and we

celebrate critical thinkers and innovators and actors and we praise them and coin them our heroes and we follow

them by the millions we love what they do at public but you don't know the story behind The Glory you don't know

the Blood The Sweat you you didn't see the tears that they cried the prayers that they prayed the countless weeks

where they went without sleep to get where they are when you see somebody that's successful your gut reaction is

to think they're lucky they had a great trainer they had it easy if I was in

their shoes I could do it too and the thing that I would want to say is these

people work harder than you can imagine they show up every day they do the work

they suffer so when you see somebody on a screen rather than criticize be

Greatful rather than try to cut them down maybe try to learn a little bit

from them because the the amount of dedication that goes into that craft a normal person will never understand the

secret of change is to focus all of our energy not on fighting the old but

building the new and specifically behind closed doors when nobody's looking when no one is there to affirm you when

nobody's there to validate you when nobody is there to agree with you you build in the dark and you announce it

when it's finished

[Music]

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