

ABOUT KEEP SMILING LIFE

MICHELLE VESTERBY

be happy and join *KeepSmilingLife* let's smile together

JOIN KEEP SMILING LIFE

BELIEVE IN IT — JUST BELIEVE!



Talent, structure and substantial legwork are all fine if you want to be a good triathlete, but it's not what is most important. The key to success and good results is the process itself, an everyday life that works in the long run and the mindset that you have. The inner motivation, the joy and the excitement about what you are doing is what should be the driving force. If it had been about physiology, talent and structure alone I would never have come as far as I have today.

So where do you get it from and how do you build up a mental strength so robust that it won't collapse when it hurts, and when you bump into adversity or defeat? How do you maintain the belief in yourself and the belief in the project no matter what? It will get tough, that's how it is with triathlon. You will feel the pressure on time, strength, energy, pain threshold and comfort zone - no matter what level you are at. It's not without good reason that it's called an extreme sport.

MICHELLE VESTERBY info@keepsmiling.life +4560194678

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ABOUT KEEP SMILING LIFE

MICHELLE VESTERBY

be happy and join *Keep Smiling Life* let's smile to

Believe in it — just believe!

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The image shows a smartphone displaying a mobile website. The top half of the screen shows a dark-themed landing page for "Keep Smiling Life". On the left, there's a pink sidebar with the title "ABOUT KEEP SMILING LIFE" and a close button. The main content area features a large photo of Michelle Vesterby sitting on the floor with her arms crossed, wearing a black top and grey sweatpants. The number "129" is visible on her right shoulder. Overlaid on the photo is the text "CHELLE VESTERBY" in white, followed by "appy and join KeepSmilingLife let's smile together" in pink. At the bottom of this section is a pink button labeled "JOIN KEEP SMILING LIFE". The bottom half of the phone's screen displays a dark background with the text "BELIEVE IN IT — JUST BELIEVE!" in large white capital letters. Below this text is a large photo of Michelle Vesterby smiling, leaning forward with her arms crossed. To the left of the photo, there's a block of text about mental strength and belief. To the right, there's another block of text about the challenges of triathlon. At the very bottom of the phone's screen, there's a footer with contact information: "MICHELLE VESTERBY", "info@keepsmiling.life", "+4560194678", and "Copyright © 2008 Michelle Vesterby ApS. All rights reserved".

ABOUT KEEP SMILING LIFE X

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More about
KEEP SMILING LIFE >

CHELLE VESTERBY

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JOIN KEEP SMILING LIFE

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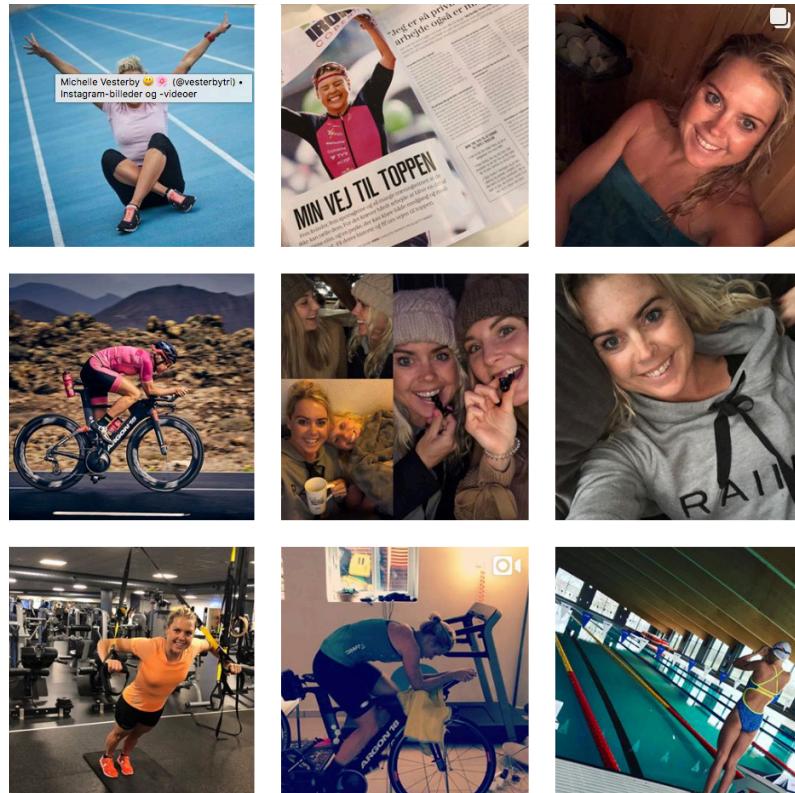
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MY INSTA UNIVERSE

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MY CALENDAR



26. may 2018	IRONMAN LANZAROTE CANARIAS SPAIN See more about the race here
09. jun 2018	GARMIN CHALLENGE HERNING DENMARK See more about the race here
17. jun 2018	KMD IRONMAN EUROPEAN CHAMPIONSHIP HELSINORE, DENMARK See more about the race here
19. aug 2018	KMD IRONMAN COPENHAGEN COPENHAGEN DENMARK See more about the race here

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