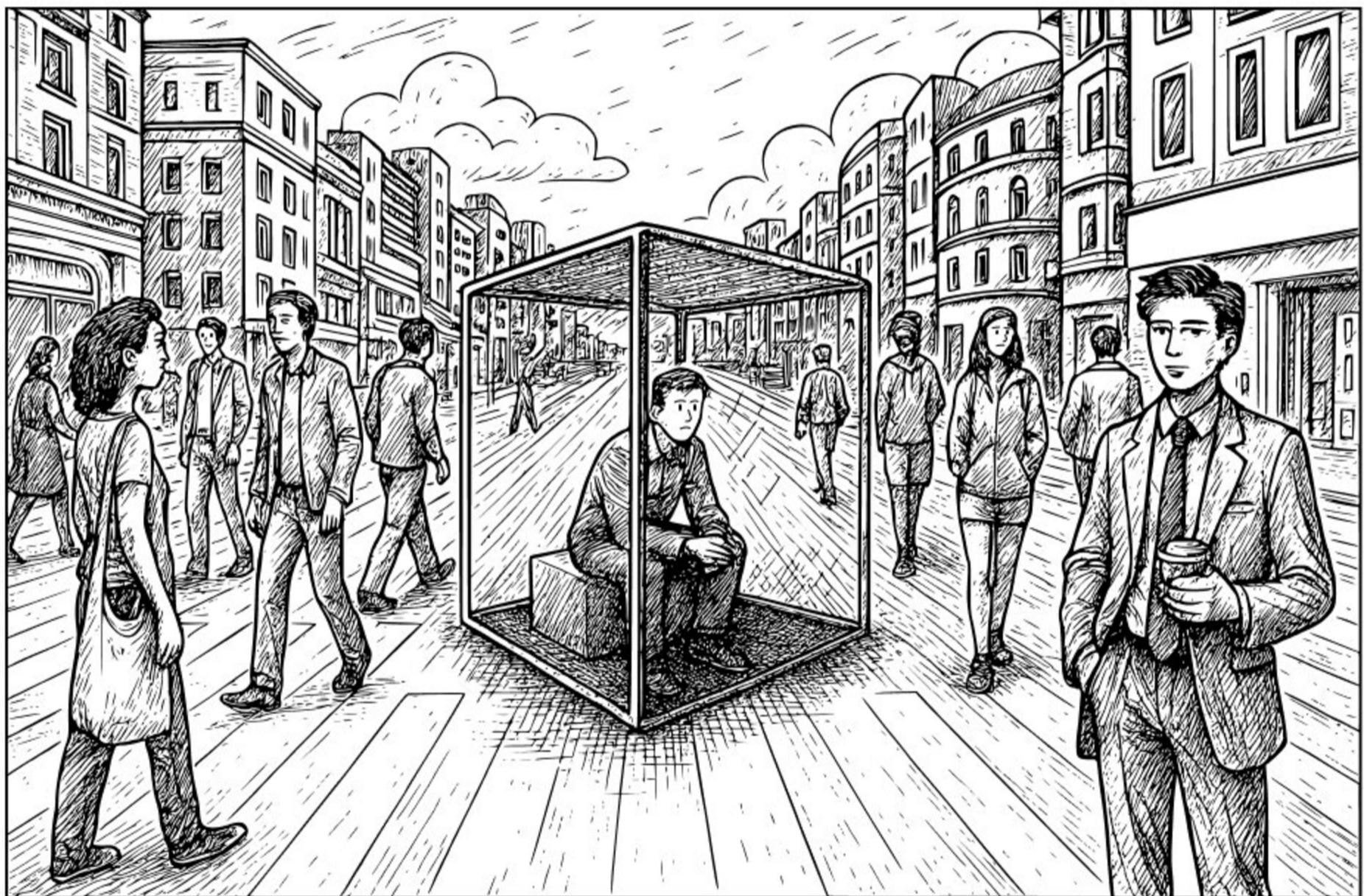


# No One Is Coming To Save You.



Your entire life will change the day you realize that it's all on you. No one is coming to save you. No one will fix your problems. No one will change your mindsets. No one will hand you the things you want in life. It's just you. It's all on you. There's a power in that.

# That Thing You've Always Wanted To Do? Go Do It.



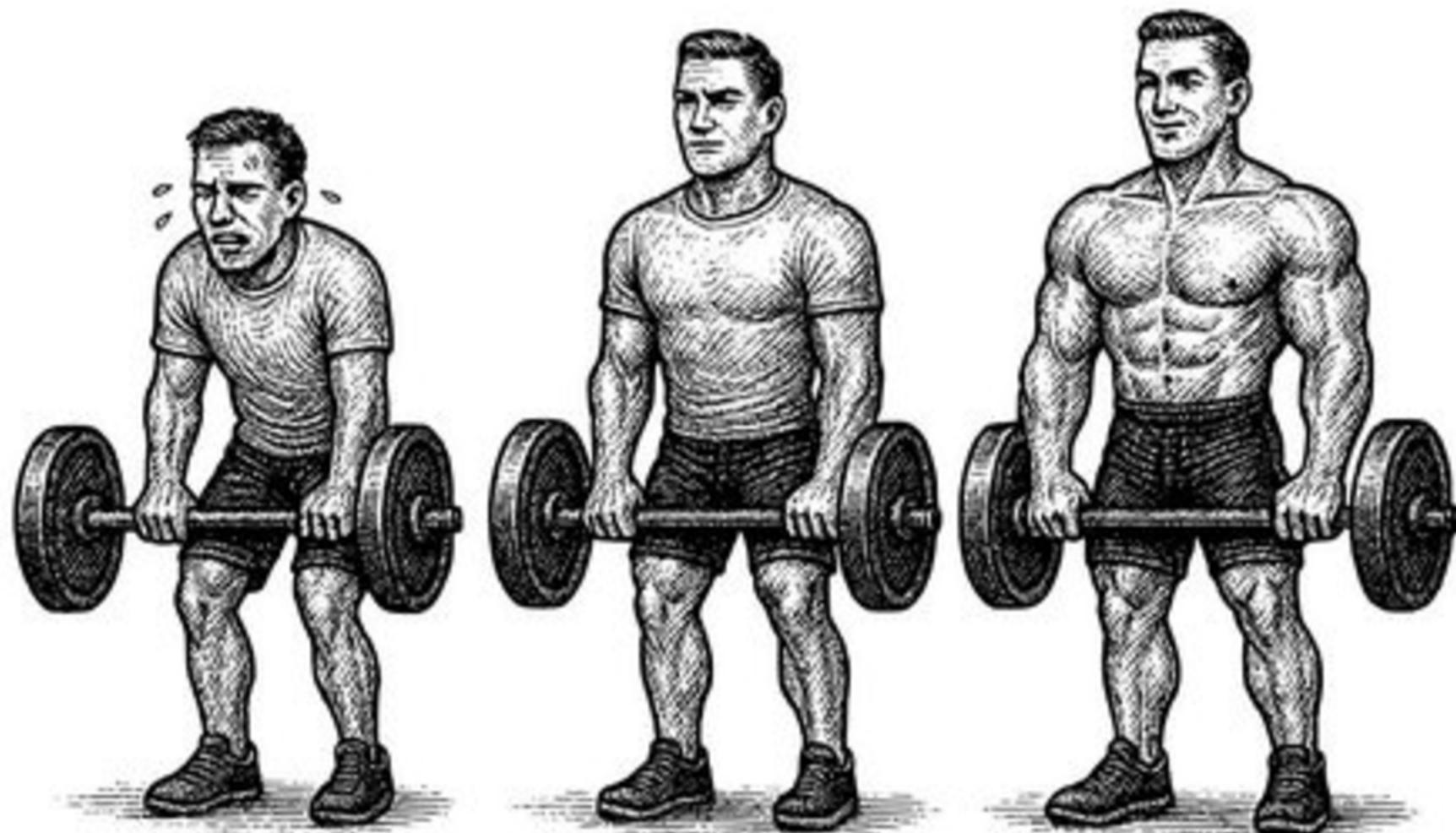
I often wonder how many extraordinary people wasted their entire lives fearing the judgement of people who were never even thinking about them. Nobody is thinking about you. Everybody is too busy thinking about themselves. Go do the damn thing.

# The Key To Life: Show Up



Show up when it's hard. Show up when it's messy. Show up when no one's watching. Show up when you don't feel like it. Show up when the rewards are uncertain. Just show up. You can never bet against the person who just keeps showing up.

# Hard Things Don't Get Easier, You Get Stronger.



You grow. You change. You become different. And if you show up for long enough, somewhere along the way, you fall in love with the struggle. You find peace in chaos. True flow. That is the magic of life.

# Fear Comes From Inexperience, Not Incapability

You're afraid because you haven't done it yet, not because you can't do it. Inexperience is the problem to be solved—and it's solved through having the courage to act.



Your Entire Life Will Change When You Realize That  
**Stress And Anxiety**  
**Feed On Idleness.**



When you take action, you starve them of the oxygen they need to survive. The answer is found in the action.

**YOU CAN GET PRETTY DAMN FAR IN LIFE BY  
JUST BEING SOMEONE PEOPLE CAN COUNT  
ON TO SHOW UP AND DO THE WORK.**



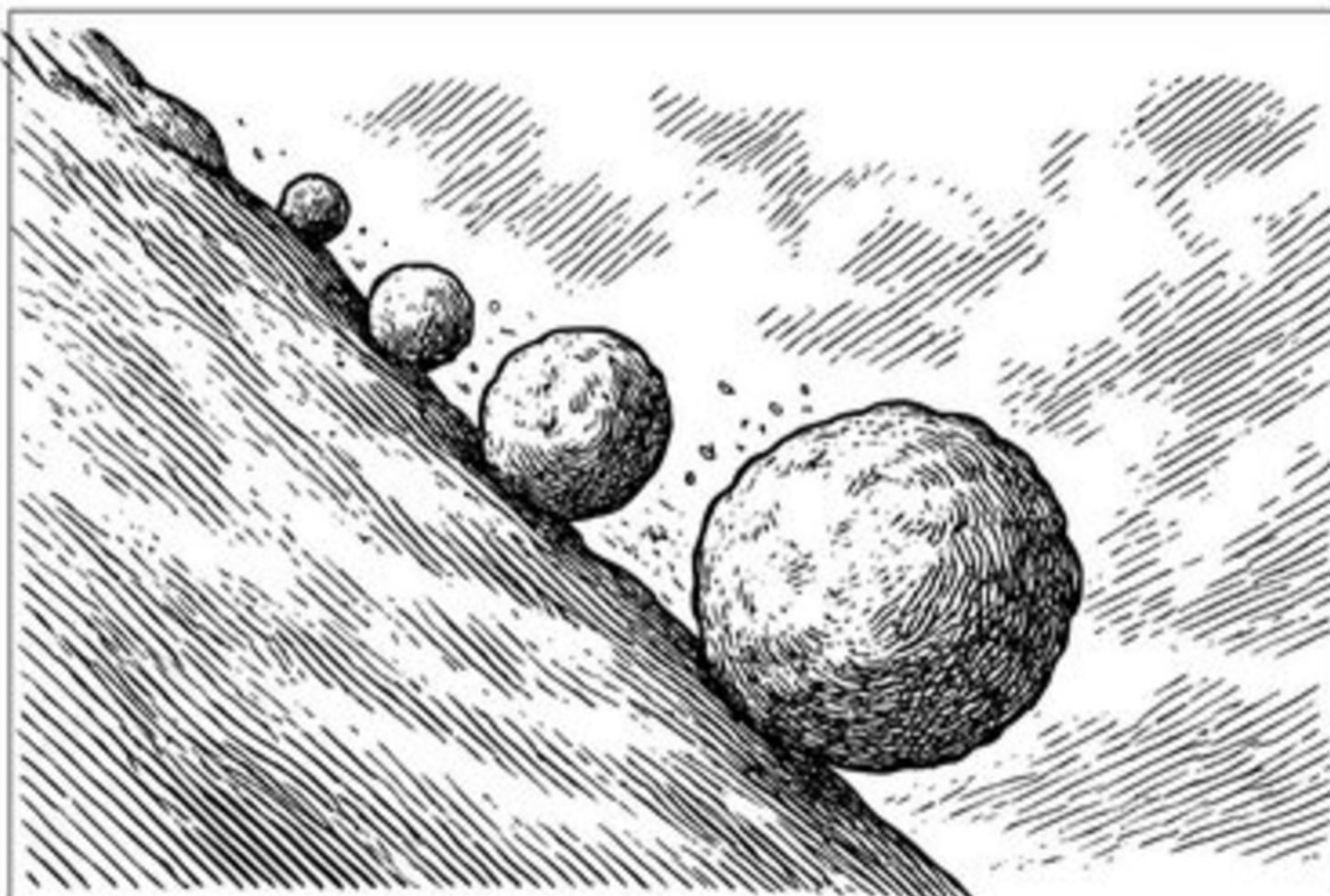
Reliability is the cheat code. Stop overcomplicating success. Show up, do the work, repeat. That's it.

# The people you admire are just the ones who had had the courage to start.

The ones who didn't overthink it. The ones who put their ego aside. The ones who walked toward uncertainty. The answer is found in the action.



# Your Entire Life Will Change When You Realize That Anything Above Zero Compounds.



Showing up consistently matters more than showing up perfectly. Small things become big things. Never allow optimal to get in the way of beneficial.

# There Is A Cost Of Entry To Unlock The Things You Want In Life.



Freedom is  
unlocked through  
focus.



Love is unlocked  
through hard  
conversations.



Health is  
unlocked through  
discipline.

Embrace it. Pay the cost of entry with pride.

# Stop Waiting For Permission To Live The Life You Want.



Good things don't come to those who wait. Good things come to those who have the courage to act. The life you want is on the other side of the permission you give yourself to live it.