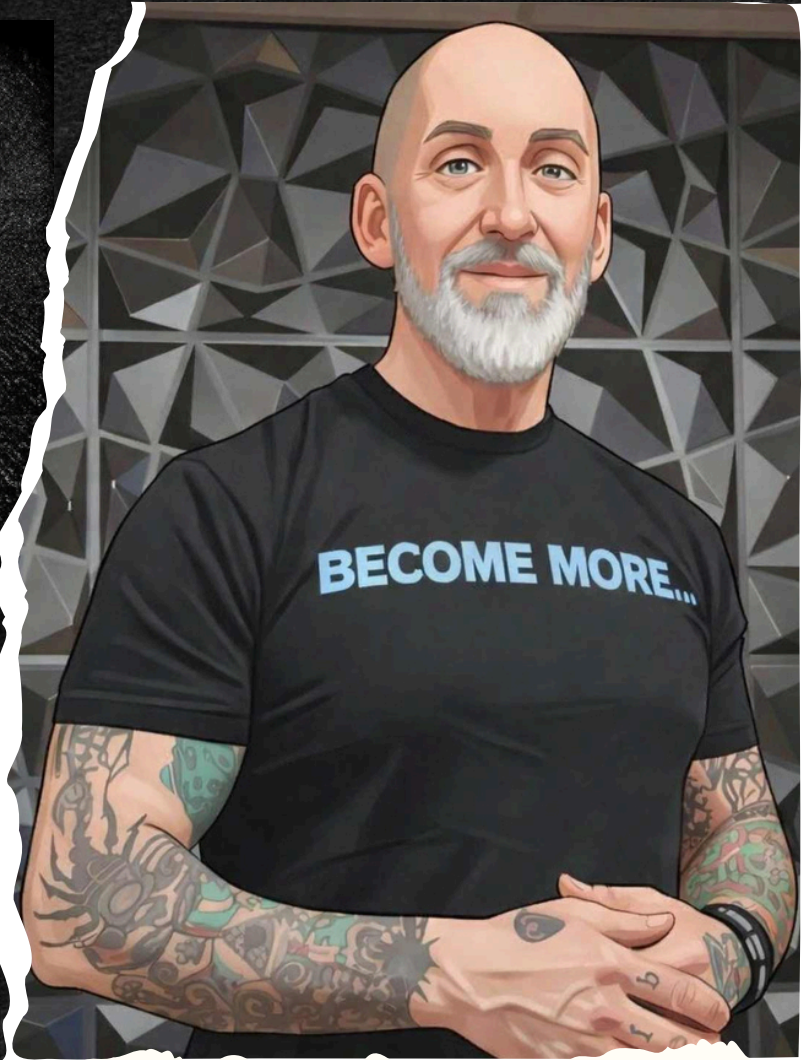




TRAIN WITH PURPOSE FUEL WITH INTENTION LIVE WITH GRIT

Issue # 14
"Build Your New Baseline"



1. MINDSET RESET

Settling In Without Shrinking Down

Settling in is an act of ownership. It's the moment you plant your feet, look around, and say, "This is my ground now." After a move — physical or emotional — your nervous system wants stability. But stability doesn't mean stagnation. It means creating a foundation strong enough to support your next evolution.

The danger is confusing comfort with complacency. When life shifts, it's tempting to coast, to let the dust settle and your ambition settle with it. But this is the moment to stay awake. To stay intentional. To stay in motion. Settling in should sharpen your focus, not soften it.

Your environment shapes your energy. So shape it back. Decide what this new chapter demands from you. Decide who you are in this space. Decide what gets your time, your discipline, your attention. You're not settling — you're establishing your new launchpad.

2. TRAINING FOCUS

Reclaim Your Rhythm

Moves disrupt routines — even for the most disciplined. That's not failure; that's physics. The goal this week is not perfection. It's re-establishing rhythm. Anchor your training with short, high-intent sessions that remind your body who's in charge.

Think of this as a recalibration phase. Your strength, mobility, and conditioning don't disappear — they just need a signal. A 20-minute lift, a crisp Tabata, or a focused mobility block is enough to re-ignite the system. The win is consistency, not volume.

Training while "settling in" teaches you something powerful: you can stay committed even when life is in motion. That's grit. That's identity. That's the difference between people who dabble and people who dominate.





3. NUTRITION CORNER

Stabilize Before You Optimize

Nutrition is usually the first thing to wobble during a move. Boxes everywhere, schedules off, meals improvised. This week, don't chase perfection — chase stability. Build three predictable nutrition anchors: a protein-forward breakfast, a hydration target, and one intentional whole-food meal.

These anchors create physiological calm. They regulate blood sugar, reduce cravings, and keep your energy steady while everything else feels transitional. When your environment is shifting, your body needs reliability.

Once the basics are locked in, then you can layer in precision — meal prep, macro targets, supplementation. But first, stabilize. Your body performs best when it knows what to expect.



⚡ 4. DO THIS TODAY

Claim Your Space

Pick one area of your home — a corner, a desk, a room — and make it yours today. Not perfect. Not finished. Just claimed.

This is your physical declaration of identity. Your environment should support your goals, not compete with them. When you intentionally shape one space, you shift your mindset from "I'm adjusting" to "I'm establishing."

Small territory. Big psychological impact. Own your space, and you'll own your week.



COMING SOON!



🔥 T3: Total Transformation Tabata is Coming really soon! 🔥

Get ready for the class that doesn't just change your workout — it changes you. T3 is fast, focused, and built to push your limits in all the right ways.

Short bursts. Big impact. Zero wasted seconds. If you're ready to level up your strength, conditioning, and mindset, this is your moment.

Spring launch. Limited spots. Transformation starts the second you show up.



5. COACH'S CORNER

Settling In Without Settling

I spent this past weekend surrounded by boxes, dust, and the kind of chaos that only a residential move can create. And as I was hauling furniture, sorting through old memories, and trying to remember which box I packed the damn coffee maker in, I realized something: a move forces you to confront yourself. Not the polished version you show the world — the real version. The one who gets tired, frustrated, nostalgic, hopeful, and determined all at once. Moving exposes the edges of your identity, and it asks you to decide who you're going to be on the other side of the transition.

There are definite pluses to a move. A fresh space brings fresh energy. New walls, new routines, new opportunities to level up. There's something powerful about walking into a room that doesn't have your old habits baked into it yet. You get to choose what stays, what goes, and what gets upgraded. It's a reset button disguised as a U-Haul. And honestly, that part feels good — like shedding an old skin you didn't realize you'd outgrown.

But there are minuses too. The stress is real. The disruption is real. Your routines get knocked off balance. Your sleep gets weird. Your nutrition gets improvised. Your training rhythm takes a hit. Even the strongest mindset feels the wobble when your environment is in flux. And that's the part most people don't talk about — the emotional fatigue that comes from being "on" for days at a time, making decisions, solving problems, and trying to keep life moving while everything around you is literally in pieces.

Yet buried inside the stress is a benefit I didn't expect: clarity. When you're forced to rebuild your environment from scratch, you start to see what actually matters. You notice which habits are part of your identity and which ones were just conveniences. You notice where you've been settling without realizing it. And you get the chance to rebuild with intention — stronger boundaries, cleaner systems, better energy. A move doesn't just change your address; it sharpens your awareness.

Now that I'm settling in — not settling — I'm choosing to see this transition as a strengthening phase. A chance to re-establish my rhythm, reinforce my standards, and create a space that supports the next version of me. Moves are stressful, yes. They're messy, yes. But they're also invitations. Invitations to rise, to refine, to reset. And as I look around this new space, still half-finished and imperfect, I feel something powerful: grounded. Not because everything is in place, but because I am.

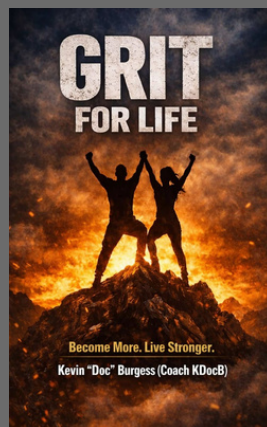
GRIT FOR LIFE BOOK 1!!!

Six days out from the release of Grit For Life: Become More, Live Stronger, and I can feel the momentum building in a way that's hard to describe. This book has lived with me for years — in my notes, in my training sessions, in conversations with clients, and in the quiet moments where I had to confront my own standards. Now it's about to live in the hands of the people it was written for. There's something powerful about watching an idea evolve into a mission, and a mission evolve into a book. Six days isn't just a countdown; it's the final inhale before the exhale that starts a movement.

What hits me most right now is how many times I almost talked myself out of writing it. Not because I didn't believe in the message — but because writing a book forces you to face your own gaps. You can't preach discipline without living it. You can't talk about identity without examining your own. You can't challenge people to become more if you're not willing to do the same. This book demanded growth from me long before it will demand it from anyone who reads it. And that's exactly why I know it's ready.

As we get closer to launch day, I'm thinking about the people who need this book the most — the ones who are tired of starting over, tired of negotiating with their potential, tired of feeling like they're capable of more but stuck in the same patterns. I wrote this for them. For the person who wants structure, not fluff. For the person who wants a blueprint, not a pep talk. For the person who's ready to stop drifting and start building. Six days from now, they'll have something in their hands that can help them do exactly that.

And personally? I'm proud. Not in a loud, celebratory way — in a grounded, earned way. Proud of the work. Proud of the message. Proud of the timing. Proud that this book reflects the same grit I ask from everyone I coach. Six days from now, the first book in the Grit For Life series steps into the world. And I'm ready — ready for the conversations it will start, the changes it will spark, and the people it will reach. This isn't just a release. It's the beginning of something bigger.



FIRST SESSION IS ALWAYS FREE
FOR NEW CLIENTS!!!

And current clients get a FREE session with each successful referral!!!



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