

Fit 4 Ever: Impossible is Nothing

I was recently walking through my favorite sporting goods store when I saw a huge Adidas banner that said, "Impossible is Nothing." I actually had to reread it to let its simple message sink in.

This statement really refers to a mindset. It is a way of thinking. It is an approach to training, competition and life that requires a different way of looking at the challenges we will face: the unbeatable opponents, the unreachable heights, the unattainable records.

I believe that the single biggest obstacle we must overcome in life is a lack of belief.



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