

- fear is healthy because it shows us where we have yet to go.

today was closing day. evolution day. a new space and a long term plan. time to move. to work. to hustle harder.

and tomorrow?

tomorrow i will find a new fear. a new mountain. a new and brighter way to fail. i am fortunate enough to be able to spend the last two weeks of april training at GYM JONES, and i am confident in the ability of Rob MacDonald to ensure i fail in ways i can not even imagine.

and i am confident i will be better for it.



before...



400sqft office



2000sqft of training space

