

hard work today. run, ride, lift, plank. still not at the level i want, but getting there.

latley i have been remembering a teacher of mine - we were starting a six month program and he addressed the students - told us he would learn more from us than we would from him. at the moment, i felt he was just being humble, but since i have started teaching others - those words echo back on a near daily basis. taking responsibility for others flipped a switch in my head,