

time is not found. it is made.

i used to not be able to find time to go to the gym. now, i make the time.

i used to not find time to recover properly. now, i make the time.

i couldn't be bothered to track my diet, my sleep, my heart rate. now i make it a point.

there are 24 hours in a day. 1440 minutes. each one is a choice. a step in a direction....

enough steps, and a path begins to form. where is yours going? is it where you want it to? is it where you tell people you are headed?

live deliberately.

and take some fucking responsibility.

or don't.

but if you don't, the only reason, the only reason, is that you don't care enough.

everything else is just noise.

live deliberately.

make a point.

-b

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