

its easy to talk. to give advice. to weigh in on risk and consequences when you will foot neither bill.

a few weeks ago i was talking to a good friend, weighing options, thinking aloud when she asked me - what would your advice be if someone else was saying this to you?

what would you say?

a decision was made right there.

i quit.

i believe it is healthy to work in different disciplines. to apply lessons and experience and truly feel how "all training is complimentary" but there is an addition to that statement... "to a point."

for the last couple years my time has been divided, i am a chef, a personal trainer, and a craftsman. i am fairly competent at all three, but not exceptional. there has been growth and lessons from one apply nicely to the others, but in recent months i have hit a wall. i have found the current limit of my attention and energy. things are stagnating, and something has to give.

after eight years, i left the chef job. my last steady paycheck. leaving the safety net. adding pressure. focus. giving things the time they need. the attention they deserve. its time to make it work. to pass or fail on my own energies. until the next evolution.

-b

owner operator

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Growth can be painful.



it takes commitment,



not holding back,



and a willingness to stand alone.



contemplate.



execute.