

Yes, once you see the results of your efforts, you will be inspired to keep moving forward. There is only one way to see and even appreciate results, and that's by keeping a journal. When you write, you get to review your struggles and see your victories. You will be motivated to reach your goals, too. So secure a copy today!

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Once you see results it becomes an obsession Goals, Motivation, Fitness, If you believe in yourself anything is possible Anything Is Possible, Believe In You. Once you see Results, it becomes Obsession. Use these 6 tips and get faster results at the gym. todrickhall.com #fitness #gym #results.

He said I just wasn't the right one for him. I get it. I wish I was, but I've felt the same Tell yourself that once you've reached the next milestone, you're going to . Think about people who are labeled as workaholics. A very dangerous sign of fitness obsession is when you're so hell-bent on . emotionally rather than rationally, and your body and your results are paying the price.

Many young people I see are completely obsessed with Instagram . No one posts the depression they have when they get injured or the relationships it costs them. But regular people won't achieve the same results.

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