



Doing your best? Your absolute best?

Have I done my ABSOLUTE best?

That's the question we all should be asking ourselves.

Do everything you can, every day, it's our obligation, to ourselves, our families and our community.

It is tough to watch how people try to get through life, work, parenting etc. as easily as possible, as comfortable as possible.

With a full-time job, a coaching company, and a father of two its not easy to do that, while also maintain my daily plank, push-ups and writing these articles every day.

Why do I do it?

Because I want to do my ABSOLUTE best. If my writing, my coaching can make life better for others, is it then not my obligation as a responsible citizen?

We must remember: It's never about outcome. It's about input.

You control the input. Make the most of that. Forget the rest.

Ask yourself:

As a spouse, as a parent, as a colleague, as a manager, as a volunteer have I done my **absolute** best?

What we have to do is so simple:

Do the right thing

Then the world will take care of the rest.

Find more inspiration over on our YouTube channel: <https://bit.ly/GrowingHabits>

Stick with it