



I WILL NEVER QUIT™ WORKOUT No.56

“A WARRIOR SHARPENS THE SWORD ON BOTH SIDES, MENTAL AND PHYSICAL.”

PART 1: REST DAY

SUGGESTION:

GET ONLINE AND DO 3-6 IQ PUZZLES TO STRENGTHEN YOUR PROBLEM SOLVING SKILLS

TODAY'S KNOWLEDGE: Often our lives get so hectic that we become overwhelmed without even realizing it. It becomes difficult to concentrate because nagging thoughts keep interrupting. Spending some time alone in reflection gives you a chance organize your thoughts and prioritize your responsibilities. Afterwards, you'll have a better understanding of what's important and what isn't. The unimportant stuff won't bother you anymore and your mind will feel less encumbered.

TODAY'S WORKOUT SPONSORED BY

