

Get Moving!

- ★ *Better sore than sorry.*
- ★ *Nothing tastes as good as skinny feels.*
- ★ *Sweat is just fat crying.*
- ★ *Get comfortable with being uncomfortable.*
- ★ *Pain is weakness leaving the body.*
- ★ *Three months from now you will thank yourself.*
- ★ *No pain. No Gain. Shut up and train.*
- ★ *Work hard. Stay humble.*
- ★ *Sore? Tired? Out of breath? Sweaty? Good. . . It's working.*
- ★ *Good things come to those who sweat.*
- ★ *Sore muscles are the new hangover.*
- ★ *Motivation is what gets you started. Habit keeps you going.*
- ★ *Your fitness is 100% mental. Your body won't go where your mind doesn't push it.*

Day 31 of

Daily Survival Guide for Divorced Men—

Surviving & Thriving Beyond Your Divorce: Days 1-91

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