



NEW YEAR, NEW BEGINNING OR RUNNING IN PLACE?



Well, here we are, At the beginning of another year where we have choices to make albeit under strange and chaotic circumstances. We have choices to make. We can choose to give in or give effort. We can be positive or negative. It is our choice. What direction we opt for is entirely in our hands. We can decide to ride the wave of negativity and despair or catch the set that pushes us to greatness. Which will you choose?

At the start of every new year, we have athletes who set their goals for the coming season and we have others that seem to struggle to commit to anything. In times like these, it is easy to lean towards indecision than not, but we offer another view. We offer you the opportunity to push even harder than before. We offer the opportunity to set yourself above and beyond your competition. We offer hope and we will open the door, all you have to do is step through it. We all know that is the hard part, but we can we with you every step of the way.

Stepping up and into the unknown is hard and it is the unknown that scares most of us. Hell, it scares even the best and brightest. The best athletes in the world are scared of things they can't control, but they know that they know that once the release that control to someone they trust then the sky is the limit. In our current situation, pandemic aside, this trust to relinquish control is the first and most difficult step one can take in their journey to athletic dominance.

This step is crucial and it must be taken with your heart, mind and body ready to commit.

You must admit when taking this step that what you are doing is failing and there is more to give and get. This step is difficult and it can be the most courageous thing you do in your athletic career and if you miss it then not days, but years can be lost. This where you have to trust the process. This is the moment that you reach out to us to seek the very best of you.

It is a new year. See it as a challenge. See it as an opportunity to step up and step out. See it as the exact moment that you made the hard choice to be the best you possible. Seize this moment and capture your greatness.

Want to learn more? We are here to help. Come visit us at www.elitelevelpt.com