



I am so mentally weak. If it wasn't for the great teammates in my life, I would have nothing. Great teammates have stood by my side in boot camp, officer's candidate school, Afghanistan, at The Program, and my wife (most important teammate) motivates me every day to be a better teammate at home! Today I completed a workout that my friend challenged me to do. It's what we call a "hero work out," and it was created in honor of the 13 fallen Marines, soldier, and sailor who were killed in Kabul by a suicide bomber a few weeks ago. I didn't have a lot of extra time to complete the workout before I had to go to a doctor's appointment, and I knew it would take at least 45 minutes. I knew that I needed to experience this challenging, painful workout though, to pay my respects to our fallen heroes. Throughout the 46 minutes of pain, I wanted to quit at least six times. I invented every excuse that I could think of starting with, "I'm going to be late to the doctor," then "I'll just cut it short, and do it again next week when I can finish the whole thing," then "I'll just cut out the sit-ups to make it quicker," and finally "I'll just do seven rounds instead of 13." I even stood up at one point in the middle of a set of 26 sit-ups, thought about skipping the rest, and sat right back down, ashamed.

Every time I made an excuse, I thought about one of those warriors who died while serving our country. I thought about what great teammates they had been. I thought about the sacrifice they and their families made for us. It was impossible for me to quit. It was impossible for me to skip a single rep, and it was definitely out of the question to shorten the number of rounds, because each round represented one of the 13. In the end, as much as I despise being late, I showed up 3 minutes late to the doctor, and it was worth it. We accomplish nothing as individuals. We are all part of a team, whether it be at school, in sports or in business; we can make each other mentally tougher. Sometimes all it takes is to shift your thoughts away from your own pain or discomfort and think of the sacrifices your teammates have made for you.

I challenge you to do so. Attack!



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