





## Happy!?

"Doing it" is the only thing that's important.

A million people a day have incredible, often life-changing, ideas. But few turn their *ideas into action*. There's nothing special about us—anyone could accomplish what we have. However, the only reason we can get on stage to talk about our incredible life together is because we set out one day and simply made it happen.

Time is our most precious resource but, unlike money, we can't make more. As such, any day we don't push ourselves closer to a life goal is a wasted day, a day that we can't do over or get back. Doubt, concern, and fear grip all of us at some point in our lives. The key is to make sure those singular moments don't turn into days, weeks, years, or a lifetime.

It's too easy to procrastinate and give yourself credible, even sensible, justifications for *not taking action*. We've all told ourselves, "If I don't act then there's no risk." Well, I'm here to burst that bubble... *inaction* is the riskiest thing in the world. If you allow it, it will creep up on you and leach your life away.

So, today, whatever is in front of you, just get it done! Then move onto activities that will make you smile like a child. For your friends, family, and *yourself*, the best you is an energized, happier you!

Ride Far, Ride Safe.

Muont Lisa

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