



Many times, I have heard people say after class, “I fell behind today” or “I had trouble keeping up”.

When we find ourselves following this thought pattern, it is important to create perspective.

Who is telling you that you fell behind? You are.

Who is telling you that you didn’t perform well? You are.

Creating perspective allows us to see the same thing from other people’s points of view.

Have you considered that everyone is using different weights – some heavier, some lighter. The heavier the weight, the slower you are, which is only not good if your goal is speed. In kettlebell class is there a rule that whoever finishes first is the best? Nope! I certainly didn’t make that rule. You may think that, but quite often what our mind tells us is not what actually is.

Have you considered how you are feeling? That will impact your performance. Are you physically tired? Are you emotionally drained? Do you feel like you might be coming down with something? Do you feel great and have lots of energy? Everyday you are going to feel different. Some days you will feel great. Other days not so much. That doesn’t mean you can’t work out. It may mean you simply go slower and/or go lighter. If you are not feeling 100% but continue to give 100% of the energy you do have, you are not falling behind. You are doing awesome! How often do you see effort like that?

Practice looking at things from different perspectives – from other people’s points of view. What do you see?

Many times when people see themselves falling behind. I see something quite different. I see them giving 100%. We are seeing the same thing, but perspective allows us to see the same thing differently – to see potential when we thought there was none.



*“Even the  
smallest shift in  
perspective can  
bring about the  
greatest  
healing”*

*Dr. Joshua Kai*