



The Agony, The Ecstasy and The Possibility

Hi

Six weeks before my first Hyrox race, I was lying in an MRI scanner in Portugal, convinced my knee injury had ended it all. Months of training, momentum, and belief — suddenly in doubt.

And yet, weeks later, I crossed the finish line in Madrid. Not because the training was perfect (it wasn't). Not because I felt fully ready (I

didn't). But because I chose to show up anyway — with grit, focus, and a partner who kept me moving forward.

The experience reminded me of something powerful:

Possibility often appears in the moments we're most tempted to quit.

You can read all about my Hyrox race experience in my latest blog: [The Agony, the Ecstasy and the Possibility.](#)

So whether you're facing a business challenge, a personal setback, or a dream that feels out of reach, remember this — you don't need perfect conditions. You just need the willingness to step in, even when it's uncomfortable.

If you're leaning into something hard right now, I'd love to hear what possibilities are opening up for you.

Much Love

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