

TEAM TALK: "One of *those* Classes"

A Message for When It Feels Tough

Have you ever had *one of those* classes?

Or maybe even one of those days?

The kind where everything feels that little bit harder... where your head's full, your body feels heavy, maybe you didn't earn your stripe, or that belt you were hoping for.

You might've left feeling frustrated.

In that moment, it's easy to feel like giving up.

But here's the question – *what will quitting teach you?*

What do you really learn from walking away at the first hurdle?

The answer? *Not much*. Because growth doesn't come from giving up – it comes from showing up. Again. And again. Especially when it's hard.

At Excel, we don't just train the body. We train the mind. We train the heart. And the truth is – the journey to black belt and beyond isn't always smooth. It's full of ups and downs, of sweat, frustration, joy, and breakthrough. But that's what makes it *worth it*.

And here's something powerful to remember – *you are responsible for how you react*. Not your teacher. Not your teammate. Not the stripe you didn't earn.
You.

When things don't go your way, you have two choices:

Blame others – or *own your response*.

The second one builds strength of character and resilience.

Because setbacks are not stop signs – they are setups for an amazing comeback.

It's not just about kicking and punching. It's about developing the confidence to keep going, the mindset to take feedback and grow, and the courage to look at yourself honestly and say: *'What can I do differently next time?'*

So, the next time you have *one of those* classes, remember: it's not the class that defines you. It's how you choose to respond.

Take responsibility. Keep showing up. Learn. Grow. Progress.
That's the Black Belt mindset.

And no matter where you are today – we're with you, every step of the way.
Because at Excel, *together, we Excel in Life.*"

