



PURPOSE THROUGH PAIN

FINDING LIMITLESS POTENTIAL
IN THE PRESENCE OF ADVERSITY

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F I R S T E D I T I O N

introduction

Welcome to *Purpose Through Pain*, a book about finding limitless potential in the presence of adversity. Thank you for taking the time to pick up or download this book! It is an honor and a blessing for me to share my story and life experience with you. As a gym owner and trainer, I have dedicated my professional life to teaching and challenging others to unleash the power and potential inside themselves. Each day, I bring my training, experience, and education to the gym and hold nothing back from my community. I don't hold anything back because I believe in the boundless potential of each person I encounter. Pouring out everything I have, giving my all, is my approach to training, living, and writing this book.

Stick with me through these chapters, and together we will laugh and cry, contemplate and evaluate, dream and reimagine life with greater success and purpose. I wish we could talk through this together. I would love nothing more than to share stories and listen and learn from each other. If you are ever in my area, you can find me hiking and adventuring outside with my family or training at my gym, where I still personally lead classes and one on one training sessions. I love each opportunity to connect, explore, and grow with other people. I enjoy working with other people, and I help keep them accountable for the growth and goals they set. Our ambition

is to move better, feel better, live better. So even though we are not in the gym or on the trail, you can take the stories, experiences, and insights of this book to help you move better, feel better, and live better with endless possibilities.

STORIES OF PAIN & PURPOSE

Through this book, you are going to uncover a story of devastating abuse and physical pain. These stories are tragically real, and I have decided to share them because I believe with all of my heart they will help you, or they can help someone you know. Now more than ever, I am confident our trauma and pain don't define us; it does not limit us. We are not just a collection of things that happen to us. We are so much more than that. The stories I share will show you that potential is limitless in each of us, no matter how broken we feel.

Inside this book, you will uncover a story of life-changing hope and abundant success. "Purpose Through Pain " is more than a title, it is hope, and it is a truth for each of us to live by. As dark as the path gets, we are going to find a light at the end of the tunnel! Unfathomable possibilities are all around you. You are going to get access to insights from my education and training as a gym owner and trainer. You are going to get open and honest accounts from me as a spouse, parent, entrepreneur, and man of faith. I hope you can relate to the best of my experiences and find even higher levels of joy and success than I have.

If you find you can relate to pain, then I want you to know there is hope and purpose for you. No two stories are the same, and there is no point or invitation to compare scars. Each of us has dealt with pain in some way, and it doesn't matter if it looks different. Each of us has immeasurable potential, even if the past insists we don't. My story is one example, and it is the story I know best, so I will share it. After reading through this book, you may feel more inclined to open up about your stories. I hope you find a safe and healthy place to share your experiences. My greatest hope is that something in this book leads you to believe more about yourself and achieve more in the areas of life that matter most.

THE FOUR QUADRANTS OF SUCCESS

In many situations, the term “success” has become too one-dimensional and misunderstood. Typically, we find this focus and attention placed on either fame or fortune. In this book, we will explore and discover a deeper understanding for identifying and defining success, a deeper well for filling your cup. It starts with a multifaceted approach to success, specifically in four key areas. We will call these the four quadrants of success. Each quadrant is a battlefield, an arena full of unique opportunities and obstacles. I'm going to share a brief overview of each quadrant below so you can have an idea of what to expect.

First, we have a Limitless Family. As we find limitless potential in ourselves, we will find opportunities to grow and nurture a limitless

family. As a husband and a father, I have found life-changing joy and hope through my family. Limitless family is not about the size of your house, the vacations you take, or the number of kids you have. This chapter will show us that we have everything we need. We have all of the time and all of the resources to be great partners and parents. This chapter will focus on the obstacles and limits placed on our family and we will focus on living beyond the limits. We will discover ways to unleash greater potential and success at home. A successful family is all about making the most out of what you have and who you have. No matter what home looked like in your past, your future home and family holds incomprehensible capacity to be limitless.

.The second quadrant of success is called Limitless Finances. We have to take an honest look at our finances and the power they hold over us. Money is likely one of the greatest limit setters in your life today. Finances often create barriers for us. Price tags are locks on a door we believe we need to pass through in order to find success or happiness; the problem is there will always be another door with a more expensive lock to open. Debt is an extra set of weight, baggage keeps us tied down and stuck in place. There is hope for financial freedom, for limitless potential with your finances. In this chapter, we will examine the true nature of finances, identify a healthier mindset and definition for success, and leave the shadows of a bankrupt life. Financial success is ultimately determined by what we do with our money, not how much money we have. No matter what your finances look like today, your financial future holds the power to be filled with abundance without limits.

Third, we have Limitless Fitness. Life has broken my body several times, but it has not broken my resolve to move better, feel better, and live better. This quadrant is not just about losing weight or building muscle: we are going to look at a holistic framework for fitness. We are going to address and examine limits in health, exercise, and lifestyle. In this chapter, you are going to receive my expertise and experience as a trainer, gym owner, and lifestyle coach. Together, we can outline plans and practices that will help inspire personal growth and greater fitness in your life. No matter what your fitness looks like today, your future holds limitless potential.

The fourth and final quadrant is Limitless Faith. This final chapter and quadrant of success will lean in and examine a deeper level of belief in yourself and who you were meant to be. I, myself, have found a seed of faith and belief that has grown and matured over time. You may be in a different place than I am when it comes to faith and that is perfectly fine. I don't need you to start where I am, and I just want you to start somewhere and grow. Finding purpose in pain is not always easy. It is not as simple as flipping a switch and basking in the light. It requires a healthy and growing sense of self-worth, courage, and belief in yourself. And at a certain point, I believe it requires a seed of faith in something bigger than yourself, a belief that God has a purpose for you. Even though we live in a world full of trouble and pain, there is still purpose and joy in the middle of it. In this chapter, we will examine the power of the mind, heart, and soul as we look to grow. No matter how deep your faith is today, your future holds unwavering limitless potential.

GROWTH QUESTIONS & KEY TAKEAWAYS

In this book, you will find my very raw and very real story and find the four quadrants of success. You will also find a series of thought-provoking questions placed all throughout these chapters. Asking questions is a key to learning and growing. Questions don't just give us something to think about, they help us turn our thoughts into actions and realities. Allow for room and time to work through questions, and don't rush past any questions you create for yourself. Find a place to write down your thoughts and the questions you are wrestling with the most. I would also encourage you to find another person or a small group of people to ask these questions with. Doing this can open us up to more perspectives and experiences, and it also can create accountability for decisions and actions we intend to make.

GETTING STARTED

Each day, I get to wake up and explore a new sunrise with my wife and kids. We aim to live life to the fullest, to soak it all in, and to fill our plates with adventure. Every day, every season, there is a fresh new opportunity to live and to grow. As we begin this journey together, I want to encourage you and challenge you to start choosing a full life now. Chapter by chapter, we will unpack my story and how I came to find purpose through pain and limitless potential in the face of adversity. You don't have to wait until the last page to start

thinking about personal growth or the next steps. Let each page be a reminder that no matter what the past has held for you or for me, we can use today to move closer towards something greater.

My hope and reason for this book are that maybe, just maybe, something in it will click with you. Something will help you to substantially change your life and how you look at life. It may seem small at first, like many things I do or even minuscule at times, but the compounding effort of positive actions and development will create a domino effect and compound over time to create big consequences. I like to compare it to evolution as in look at how far human life has grown. I mean, look at humans just within the past few years with technology, and we could even look at it as a decline in some form or fashion, and that's another reason for writing this book. It's not some big cataclysmic event. It's the small positive daily actions of personal development serving and loving others.