

📧 It's finally here! 📧

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# BOOMBOX



**"JUST KEEP SWIMMING." — DORY**

There's a reason every great underdog movie, from *Rocky* to *Finding Nemo*, has that same middle scene. You know the one that comes after our hero has set out to do something super-hard and after they've encountered a few setbacks. It's the scene where something magical happens — They do the work.

Usually to the beat of an inspirational tune, we see them on their journey. Not being great at it. Not winning, not losing. Just working. Showing up. Swimming. Boxing. We love this scene not just because it's a precursor to victory, but also because it affirms what we know deep down: *There are no shortcuts. There's just the work.*

This month, we want to know how you're feeling mid-way through the Friends Finding Fight: Accountability Partner Challenge:

- What's your "let's get it" 🥰 motivational song?
- What about the "we did that" 🥰 post-workout track?
- What's keeping you motivated: A finish-line prize? Pure inner grit?
- Who do you check in with when you need something stronger than coffee?

Reply to this email or hop in our DMs to let us know what's on your mind!

**LEVEL UP YOUR GOALS <sup>100</sup>**