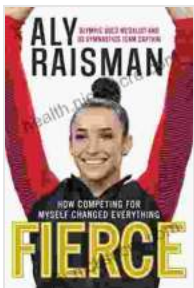


Fierce: How Competing Against Myself Changed Everything

I've always been a competitive person. I love to win, and I hate to lose. But it wasn't until I started competing against myself that I really started to make progress in my life.



Fierce: How Competing for Myself Changed Everything

by Aly Raisman

★★★★☆ 4.8 out of 5

Language : English
File size : 25483 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 323 pages



I used to compare myself to other people all the time. I would look at their success and feel like I was never good enough. But then I realized that I was only setting myself up for failure. I could never be as good as someone else, because I was not them.

So I decided to start competing against myself. I set goals for myself and I worked hard to achieve them. I didn't care if I was better than anyone else. I just wanted to be better than I was yesterday.

And it worked. I started to see results in all areas of my life. I got healthier, I got stronger, and I became more successful.

Competing against myself has changed my life in so many ways. It has taught me to be more disciplined, more focused, and more resilient. It has also helped me to develop a growth mindset. I know that I can always improve, and I'm never afraid to challenge myself.

If you're looking to make a change in your life, I encourage you to start competing against yourself. It's not easy, but it's worth it.

Here are some tips for competing against yourself:

1. **Set clear goals.** What do you want to achieve? Make sure your goals are specific, measurable, achievable, relevant, and time-bound.
2. **Create a plan.** How are you going to achieve your goals? Break down your goals into smaller steps and create a timeline for yourself.
3. **Track your progress.** Keep track of your progress so you can see how far you've come. This will help you stay motivated and on track.
4. **Celebrate your successes.** When you achieve a goal, take some time to celebrate your success. This will help you stay motivated and keep you moving forward.
5. **Don't give up.** There will be times when you want to give up. But don't give up! Keep going and you will eventually achieve your goals.

Competing against yourself is not about being perfect. It's about making progress and becoming the best version of yourself. So don't be afraid to

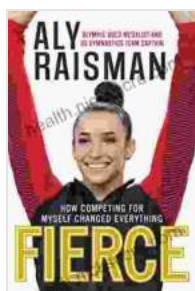
fail. Everyone fails sometimes. Just learn from your mistakes and keep moving forward.

Competing against yourself is a journey. It takes time and effort. But if you're willing to put in the work, you will be amazed at what you can achieve.

So what are you waiting for? Start competing against yourself today and see how far you can go.

Additional resources:

- Fierce: The book
- Fierce: The community
- Fierce: The podcast



Fierce: How Competing for Myself Changed Everything

by Aly Raisman

★★★★☆ 4.8 out of 5

Language : English
File size : 25483 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 323 pages

FREE

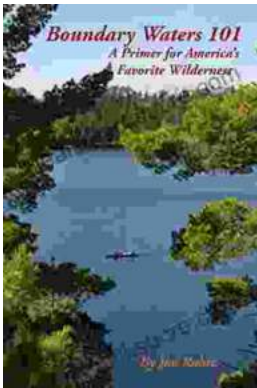
DOWNLOAD E-BOOK





Fierce Attachments: A Memoir by Vivian Gornick - A Journey of Self-Discovery, Love, and Loss

Vivian Gornick's *Fierce Attachments* is a powerful and moving memoir that explores the complexities of female friendship, love, and loss. With unflinching honesty and a keen...



Primer for America's Favorite Wilderness: A Comprehensive Guide to the Great Outdoors

In the vast tapestry of the American landscape, wilderness areas stand as beacons of unspoiled beauty, offering a sanctuary for wildlife and a...