
THE CrossFit JOURNAL

VIRTUOSITY

Virtuosity 8: Satisfaction

Business coach Ubaid Naseem learns a lesson he's actually been teaching for years.

By Ubaid Naseem

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Corydon "Coz" Larkin at CrossFit 606

One vivid CrossFit memory marks the beginning of my journey toward self-satisfaction. It was the day I clutched my knees, sweat beads dripping off my forehead, and thought, "I can't go on."

A figure overshadowed me, and coach Corydon "Coz" Larkin asked, "How many reps you got left?"

I controlled my breathing and said, "Five."

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Coz asked me something simple yet profound: "Then why have you stopped? Finish it!"

And with that, I pushed myself to complete the workout.

Better Than Yesterday

An ex-colleague told me about CrossFit almost two years ago, but I continuously put it off. I'm still not sure why—procrastination perhaps, maybe fear of change. As a business teacher, I educate students about making good investments and knowing when to pull out if they've made a bad one. Ironically, I wasted thousands on gym memberships before I realized it wasn't working. So, overweight and out of shape, I walked into CrossFit 606.

I got something much greater than a gym session when I was bitterly disappointed by failing to finish a workout as prescribed. Coz asked me a question: "Did you try your best?" After some reflection, I answered in the affirmative.

"Well, that's good enough for me, brother," he replied.

And that's when I realized my coach is there to push my boundaries even when I think I can't. He's there to

encourage me and ensure I walk out of the box knowing I did whatever I was capable of.

Many of the world's most successful people know a secret: Focus on one's own ability. You see, I am not competing with anyone. I don't have the desire to be better than anyone, either. There's no way I'll attain the fitness level of some athletes at CrossFit 606. But I know my coach is here to help me improve and ensure I am better than I was yesterday. I have immense respect for Coz because he will push me when I lose faith in my own abilities.

CrossFit has shown me I can achieve so much with a simple motto in mind: Work to the very best of your own ability, but when you think you can't achieve more, know that your coach will be there to support and guide you. Oddly enough, this is what I taught my students for years but only truly learned now.

If you aim to achieve a goal, you can face disappointment. But if you aim to do all that is in your ability and do exactly that, you leave with utter satisfaction.



Submission Guidelines

To be considered for publication, authors must satisfy the following:

1. Articles must be original, unpublished works. Authors of selected submissions will be supplied with legal documents to be filled out prior to publication.
2. Articles must be submitted in Word documents attached to an email. Documents should not contain bolding, italics or other formatting. Please submit in Arial font.
3. Articles can be 500 words maximum.
4. Each article must be accompanied by at least one high-resolution photograph to illustrate the story. The photo can feature the coach, the affiliate, the community—anything that illustrates the article. Photo guidelines are as follows:

- A. Photos must be original and owned by the person submitting. Photos taken by others may be submitted provided the owner has given permission.
- B. Photos must be in focus, well lit and free of watermarks. Minimum file size is 1 MB. Please review your camera's settings to ensure you are shooting high-resolution images. Cell-phone photos and thumbnails are not accepted.
- C. Photos must be attached to the email as JPEG files. Do not embed files in Word documents. Photo file names should list both the name of the subject and the name of the photographer in this format: SubjectName-PhotographerName.jpg. Examples: JohnSmith-JaneDoe.jpg or CrossFitAnyTown-JimJohnson.jpg.

Virtuosity@crossfit.com is open for submissions. Tell us why you train where you train, and do it uncommonly well.