
THE CrossFit LIFE

The Three A's of Awesome

Life is short. Ryan Carbone reviews three ways to make it better—in CrossFit and beyond.

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Like CrossFit, life is filled with complexities and convolutions that can often make it exceedingly difficult.

And yet, despite the difficulties that are inherent in our lives and in CrossFit, they can both still be awesome if you keep in mind three things: attitude, awareness and authenticity.

1 of 2

I like to call these the “three A's of awesome.” Internalizing these ideas and applying them to your life and CrossFit can yield profoundly satisfying experiences in both.

Attitude

Our lives are inevitably going to be filled with the highest of highs and the lowest of lows. That's just how it is. None of us can predict the future, but we can say with absolute certainty that it's not always going to go according to plan, and at times it will suck.

Interspersed between successes and triumphs, we will have failures and disappointment. We will get new jobs and watch our kids graduate, and we will lose loved ones and have our hearts broken. When these inevitable hardships happen, keep in mind that you always have two choices: you can swirl and twirl and gloom and doom forever or you can grieve and then face the future with newly sober eyes.



Having a great attitude is about choosing Option 2 and choosing—no matter how difficult it is—to move forward and move on and take baby steps into the future.

It is the same in CrossFit. There will be days when you suck. You will fail on a lift that is 30 lb. less than your PR, and you will fall over doing a pistol. It happens. Take it for what it is: it's just a bad day, and you can always move forward from a bad day. Don't get stuck in a rut because you are fixating on a bad performance. Positive attitudes will beget positive results.

Awareness

If you have an opportunity, observe how young children see the world. They are constantly in awe because everything is so new. Awareness is embracing your inner child. It's about getting excited about new things and experiences. It's about being present in the moment and enjoying the little things in life, like the leaves changing color, a string of green lights on the way home or crushing a workout. Embracing these seemingly trivial moments will enable you to perceive the world in a different and better way. Don't finish a workout and think, “Wow, I definitely could have done that better.” Instead, bask in the success of having finished a grueling workout and making yourself better.

Authenticity

Be who you are and be cool with it. When you're authentic, you end up following your heart, and you put yourself in places and situations and in conversations that you love and enjoy. You meet new people. You do things you never thought you would, and you end up being very fulfilled.

There are so many things that make this world awesome, but we only have 100 years (at most) to enjoy it. Everyone that you know right now, undoubtedly, will be dead in a hundred years. Morbid, but true. Life is short, and we only get a very little time to enjoy all those tiny little moments that make it so sweet.

You will never be as young as you are right now, so you must, right away, endeavor to live your life with a great attitude, live with a sense of awareness of the world around you, embrace your inner child and be yourself.

Apply these three A's and you will create a richer experience both inside and outside the box.

