

# MENTALITY



# CHECK

HOW TO LET GO OF THE PAST & START WINNING

MINI STORY ON TRAGEDY TO TRIUMPH IN THE LIFE OF JOE CORRY



# MENTALITY CHECK:

## HOW TO LET GO OF THE PAST, AND START WINNING!

Thank you for allowing me to share my story. I feel like my life's purpose is not only to train and get my clients great results, but to also inspire and motivate you to be the best version of yourself. No more walking through life and waking up without a purpose. No more walking through life and being comfortable with how things are. It doesn't matter if your boyfriend or girlfriend left you, the past, cause none of that matters anymore! You're now on your path to more success. I'm all about loving the life you live and being grateful, but don't get comfortable with being mediocre. You're destined for greatness! There is so much out there in the world that you can experience if you just get out of your own way. In this short pdf, I want to talk about my background and where I've come from. Just how did Elite Athletics and Personal Training become what it is today and how I've become successful at 25 years old.

The year is 2010. I was an 18-year-old freshman in college, on a nationally ranked basketball team, and I was competing for playing time. I'm not going to lie, I was a cocky and stubborn ass kid. However, I was always working on my game. So, I backed up what I was saying with my skill set on the court. My coaches couldn't tell me anything about my game but if the coach were to say something and it needed to be done on the floor, then I'm all ears. So, a part of my success and owning my own training company comes from being able to take criticism and take it in a positive way, whether it good or bad. You must be coachable in life. We allow ourselves to get down in the dumps when people tell us we can't achieve something. Follow these few tips for success:

- If someone has what you desire, and you want to be in their position in the future, you must take what they have to say and fix the issues that you have going on in your personal life.
- Some people are so prideful, that they block their own blessings. Put the pride aside and emulate your life after people you admire and would like to be like.
- Take criticism from a credible source and adjust the way that you move. No need to listen to a person who doesn't have anything. Just open your ears and mind to someone who is trying to give you game, especially if it's FREE GAME (knowledge).

We had our first scrimmage of the preseason. And we go through our pre-game layups, ball handling drills, stretching, etc. As the game unfolds, I get in towards the end of the game, (due to not knowing the playbook and not being able to run a team properly. I relied on my athleticism heavily in high school and it worked so well, in college, not so much). As I get the pass from a teammate, I run down towards the basket and I try to euro step (stepping one way and then faking out the defender and stepping the opposite way). Only...my knee and foot were planted, and my knee hyperextended backwards. I could hear the pop and it sounded like balling up a plastic bottle. The reaction that came to mind right when it happened was, damn that hurt really, REALLY, REALLY, BAD! As my toes went numb I knew my season was over. I went to the hospital a couple days later and got an MRI done to find out the damage. I not only blew out my ENTIRE knee, but that it would be a year before playing any sports again. I tore my ACL, PCL, LCL, sprained my MCL, tore both of my meniscus, had a bone bruise, the water capsule was busted around my knee, it was demolished. You want to talk about being done with life and giving up? I wasn't going to class, I wasn't showering cause the bathrooms were always taken up by people or a wild party would happen the night before and someone would throw up in the showers. I was just devastated. Mentally and physically I was defeated. And then one day, a light just clicked in my head. I was going

to get back into prime form but even better. I went from 153lbs soaking wet, to 196lbs in 6 months. Now, let me remind you that I didn't have a clue about nutrition and I wanted to pack on weight (the cover photo is of me back in 2010), so I decided to just eat Burger King, Arbys, pizza, and boy did I gain weight. I returned to playing basketball a year later and I was even more explosive from the weight room, my ball handling improved cause I was there all day with a ball in my hand just dribbling around, and my jump shot improved cause I would do form shooting at the front of the basket while sitting. When life hits you hard, you can just let it beat you down till you're so defeated, nothing or no one can help you. Or, you can get up and do something to change your current situation. 3 years go by and I'm in the best shape of my life, and tragedy struck again.

The date was July 28, 2013. I just turned 21 the week before and everything was great. I was playing in a summer league and 3 days beforehand, I didn't play a lick of ball. Matter of fact, I stayed inside and played videogames and ate what I wanted for 3 days leading up to the game. Now, I'm not saying this contributed to what's next, because things happen for a reason, but it could have played a role. I played the entire game. I was feeling good though. I could get into the paint, my jump shot and floater was hitting the bottom of the net every time, I could break free in the open court, the whole nine. Then, I was playing defense on someone at the top of the key and they went left. As I went to change direction, I planted off my right leg and tried to explode to get him, but then my knee gave out. **THE SAME ONE.** The feeling of this tear didn't feel like my first one, but I knew once my toes went numb that my basketball career was done. I got up and walked off the court gingerly. And I got on the phone and called my dad, crying, frustrated, angry... I was asking God like why this happened to me. I work so hard and I'm a great kid. At the time, I didn't understand what was going on, but now I do. See, I was always training people. I started at 18 years old training friends and family, while still playing ball, and I loved doing it.



Everyone would ask me for advice and it felt good being that go to person for fitness. So, God placed me right where I needed to be at the right moment.

I was sitting in front of the TV about 6 months later and a commercial to get a personal training certification kept coming on. It was a sign to TAKE ACTION. God will throw a sign your way, but sometimes you'll ignore the sign and do your own thing. Don't ignore the signs when you know that something needs to change! I was unemployed, injured, miserable, and was trying to find a job. So, I thought to myself... I love the gym, I keep seeing this commercial, lets get this certification and train people! And from there, the rest is history. I want to leave you with these tips for a positive mindset and high self-esteem:

- Don't listen to people who have negative things to say about you. Don't tend to matters that aren't going to matter years from now. If people are being negative around you and you want out, then leave that group of people. They'll suck your energy away and you'll be just like them.
- Look in the mirror daily and say something great about yourself. You know you're the head honcho of your own life. You are a savage. You are a beast. It's time to start acting like it.
- When you wake up and before your feet hit the floor, say 5 things you're grateful for and don't touch those crusty toes on the ground until all 5 are said! Being grateful for what you have, is important to getting what you want.
- Eat a healthy and nutritious breakfast! Breakfast can jump start your day and increase your productivity. You can't work at your absolute best when you're hungry and cranky. Hangry (hungry and angry) is bad for both business and relationships. So, eat your breakfast!

- Read some of these self help books below and really train your mind. When we go to the gym, we train our bodies. But, the body is always the first to go when training. Then our mind must pick up the slack. Are you going to just stop the set when it burns and then get up and go home and eat fast food and all that crap, HELL NO! Reading stimulates the mind and increases creativity and increases your own knowledge within. Reading will have you on your 9<sup>th</sup> rep ready to rack it up, but then something tells you, “PICK IT UP!!!” and then that 10<sup>th</sup> rep is complete. Those feel good endorphins are kicking in. And you leave the gym feeling accomplished and not like a scrub.

Here are my GO TO's when it comes to self-development. I would recommend buying all the books here in a one stop shop! You don't even have to leave the comforts of your home! Why waste gas, am I RIGHT?! Just relax and buy from my Mental Training kit here, all items are shipped from Amazon: <http://bit.ly/2t3kFer>

- The Alchemist - If you don't know what your passion or place is in life, then read this book. It's GOLD.

- Instinct, The Power To Unleash Your Inborn Drive - Are you always feeling like there could be more to your life, but you just can't seem to pinpoint it, but you know that feeling in your stomach is what's calling. This book will open your mind and make you start trusting your gut!

- Linchpin: Are You Indispensable - Want to differentiate yourself amongst your peers and have your door being knocked down by people who could use your specific set of talents and skills? Then this book is it. Learn how to stand out head and shoulders over many in your field. Be a beast. Become **INDISPENSABLE**.

- Soar!: Build Your Vision From The Ground Up – Stop going through life not knowing what you want to achieve or who you want to be. This book gives you a step by step game plan on how to succeed efficiently and avoid the pitfalls of building an empire.

- Rise and Grind: Outperform, Outwork, and Outhustle Your Way To a More Successful and Rewarding Life – Get an inside look at some of the best entrepreneurs on the planet. See how they've gotten to the pinnacle of business and how they've made themselves into a contagious, enthusiastic, and charismatic beast!

- The 48 Laws of Power – Learn how to master your craft while hustling through the ranks to be one of the best in your field. These time-tested tips on how to be at the top of your game are very important for the everyday person looking to get that edge on the competition.

- The 50<sup>th</sup> Law – Rapper 50 Cent teamed up with Robert Greene to make this mixture of street smarts and business acumen and how alike these two really are!

- Relentless: From Good To Great To Unstoppable – Hear the triumphant stories of consistency, hardship, struggle, and how you too can be relentless like the great Michael Jordan. This book was written by his trainer who got him in shape to face the Bad Boy Pistons and get out of the NBA Eastern Conference in route to his countless titles. Definitely a great book to get your mind right to crush it and create results for your life instantly.

- Dr. Thomas: Eric Thomas – Looking for the perfect audiobook to have on your stereo during your drive to and from work or the gym? Then look no further. This guy's energy and passion show through on every track! He went from homeless to

multimillionaire because of his consistency and never quit attitude!  
Hands down one of my favorites on this list.

- Meditation Music: <http://bit.ly/2auQnDX>

I meditate for at least 30 minutes every morning before I even start my day. It places all the frustrations and things out of the way, clears your mind, and fills your head with a conquer the day, positive, vibe. Just sit in a comfortable space, close your eyes, lay down if you need to, and play the link above with headphones on or through a stereo. Focus on breathing comfortably. Take nice deep breaths and exhale slow. Start the day off on the right foot!!

I thank you for allowing me to share my story and if you've made it this far, I want you to know that you're an amazing human being for wanting to change the path of your life. And I couldn't be more grateful and proud to be the one training you. I look forward to being a part of your success story one day. See you later!





**JOE IS AN ATHLETIC TRANSFORMATION EXPERT & NUTRITIONAL STRATEGIST. HE WAS A FORMER NCAA BASKETBALL PLAYER. AFTER TEARING HIS ACL IN HIS RIGHT KNEE 2X, HE DECIDED TO START TRAINING AND USED HIS KNOWLEDGE HE GAINED FROM TRAINING, WITH THE BEST STRENGTH COACHES IN THE COUNTRY, TO OFFER GREAT RESULTS TO HIS CLIENTS.**