

My Story - Part 3: Finding my tribe

The gym was now a normal part of my routine, as well as Sunday food prep. I felt ready to take my fitness to the next level. Except that I had this funny thing in my left shoulder that made it hard to move my arm a certain way. I was sure it was nothing, so I continued training and adding new activities to my routine.

Mentoring was a blast. I connected with people, helped them with their fitness and nutrition, hosted video calls for my team, and administered the Facebook page. I witnessed life-changing transformations and made connections with people all over the world thanks to the power of the internet and this phenomenal nutrition course.

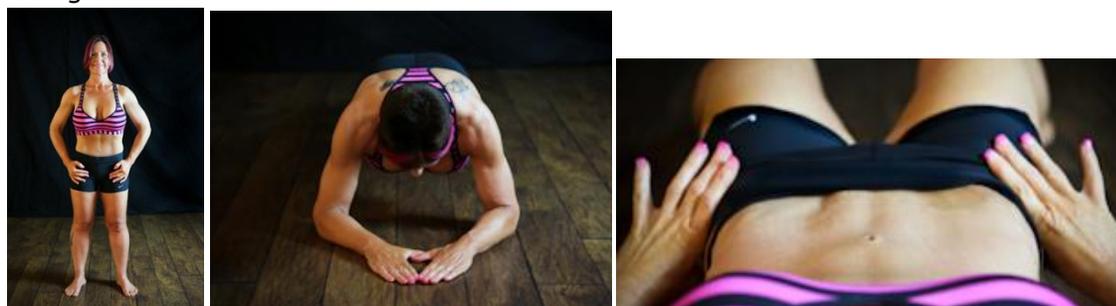
In December 2013, my son asked me to go for a ride with him. He took me to the local community college, and I thought how sweet, he's going to show me where he goes to school. He parked in the back lot and asked, "Do you get it Mom?" And I said, "Yes, you're going to show me where you go to school." He shook his head and said, "No, I'm going to show you where YOU go to school." I said, "No way, I'm a bookkeeper, I've been a bookkeeper for 20 years." He said, "I know, but I hear you on those calls, helping people, and you sound so happy. THAT'S what you're meant to do. So there is the gym, that building over there is the Nutrition building, and now I'm going to show you where to the register."

If it weren't for my son's encouragement, I never would have gone back to school.

I enrolled in Fitness and Nutrition classes and began strength training in the early mornings with the Community College Football Coach. I was gaining strength and muscle and felt great... except that pesky shoulder thing.

In March 2014, I was told I had severed my suprapinadus tendon due to over-use with an impingement. Surgery was a must. I was 6 weeks out from my second photo shoot. By this time I decided that I wanted to Coach on some level and I planned to use the photos from the upcoming shoot for my marketing material. My doctor and surgeon told me to stop training until after the surgery and physical therapy. Expected recovery time was 6-12 months. I was devastated. Some of my Coaches, both online and local, told me to cancel the photo shoot. Somehow, that felt too much like quitting. I reached out to some of the elite coaches from the online coaching community and together, they helped me manage my minimums and keep my spirit up. Thanks to my tribe lifting me up, the outcome of my photo shoot in May 2014 was beyond what I had thought possible.

Who do you have on your team to lift you up when you're facing a challenge or injury? My intention is to create a community of support and resources so you're never alone when facing obstacles. Welcome to the tribe!



Next, I'll share how my injury was actually an opportunity in disguise. Stay tuned...