



It's not enough for us to know what to do if we take no action or if we just go



It's not enough for us to know what to do if we take no action or if we just go through the motions. Life requires effort, thought and work, nothing is given its earned, change comes from pushing our perceived boundaries while keeping an open mind. #christian #faith #farmlife #jiujitsulifestyle #veganjiujitsu #dogs #outdoors #kettlebellkenji #kettlebellkings #kettlebellworkout #kettlebell #giryā #functionaltraining #noexcuses #nomeatathlete #vegan

#plantbased #plantstrong #mindset #midwest #fitnessmotivation #fitlife

[This article was originally published here](https://kettlebellsfit.blogspot.com/2019/07/its-not-enough-for-us-to-know-what-to.html)*

<https://kettlebellsfit.blogspot.com/2019/07/its-not-enough-for-us-to-know-what-to.html>