

GABRIELE

FITNESS & PERFORMANCE



Are You a "HAVE TO" or a "GET TO" ?

by Tom Langton

Everyone falls into one of two categories,
you either **"have to"** or **"get to"**.

Think about how one of those little phrases can completely change your
mindset on how you go about your day?

When you lay in bed at night, is tomorrow's plan positive or negative?

Here is a little exercise to help better display my point. Read the sentences
below,

first with **"have to"**, then use **"get to"**.

I ____ do so much tomorrow.

I ____ go to work in the morning.

I ____ buy groceries for my family.

I ____ watch my kids play basketball.

I ____ go to the gym and work out for an hour.

Does that one word change the way you read that sentence? Does one word
change the way you feel?

How is your day looking tomorrow?

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