

This is now my third time participating in an Adonis contest and I must say I feel like a veteran around the whole Adonis system and philosophy. The experience this time has been very different as there were less reaction to what I was doing or what I looked like from the outside. It was more of a mental experience and growing experience as a person.

At first the lack of reaction and comments from people were a little unsettling as part of the ego boost from having a good looking body were few and far between and almost gone. I started to think that what I have been doing since Adonis may not be working as I still was not the bigger guy or that guy who appears big with a shirt on. Even though I know this was faulty thinking I still had that thought from time to time especially when I was around bigger, muscular guys. But the good thing is I never relied on outside influences to validate my success. I have always been motivated to be the best me in everything I do. I like looking good for me. It reminds me of when my wife asked if I would ever grow a belly and be that chubby guy so I could be cuddly like a teddy bear if she requested. I said I will not be able to do it because I would not be happy about my look. This actually thought me a lesson about trying to change a person. A person will only change only if they want to and not if someone wants them to change. This was actually a huge insight for me in my marriage. In the past I have made the mistake of trying to change a person as I thought it was in their best interest but it was only when my wife asked me that question I understood why someone really changes. It has to come from within that person and not because someone else wants you to make that change.

This whole contest was definitely a lesson in mental patience as I know I was progressing and actually liked how I looked compared to my photos at the beginning of my Adonis journey. I learned that I can only compare my current look to my previous self and no one else as that will lead to doubt in myself and what I am trying to achieve which is the AI look. I must say the whole Adonis community has kept me grounded as I am seeing where some guys are going through what I had experienced and the advice is always the same which is to stay on course and trust in the system. I think I learned what trusting in something really means and this has helped me focus on my goals and allowed me to put focus where it needs to be.

I am totally thankful for the Adonis system and the friends I have made through this journey. I enjoy the close net atmosphere of the community and I feed off other peoples progress as well as their experiences. I am a

student of the game and I am constantly learning from everyone new and old. They say knowledge is power and the Adonis system has certainly given me that power both physically and mentally.

Regards,

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