



MONDAY MOTIVATION VIDEO: Comparing yourself to yourself yesterday

by Master Rich Grogan Kick'n-Life Guru of Grogan's Academy of Martial Arts
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EDWARDSVILLE - Master Rich Grogan Kick'n-Life Guru, owner and instructor of **Grogan's Academy of Martial Arts** has set a mission in life to enhance the youth for a better tomorrow.

"Our purpose is to help kids & adults live their best possible lives for a happier, healthier and safer tomorrow," said Grogan. "We are a one of a kind life skills & character development academy, specializing in positive motivation, physical fitness and practical self-defense!"

Grogan and his staff offer classes and strategies to not only teach self-defense, but build character, develop self-esteem and confidence and instill discipline.

"We teach the tools to be a buddy, not a bully!" - grogansmartialarts.com

Each week, Grogan publishes a video blog for his followers to learn and live by.

This week, Grogan talks about comparing yourself to yourself yesterday.

"If you compare yourself to the person you were yesterday, then try to and better yourself, each day your getting better and better and better," said Grogan.

Grogan suggests writing down your "end of the day reflection" to track your progress.

[See video below for Grogan's Weekly Blog:](#)