

OLIVER NAM'S INSIDER CIRCLE

EXCLUSIVELY PUBLISHED FOR MEMBERS OF THRIVE TRAINING



Inside the Mind of Oliver Nam

6 MONTHS, NO ALCOHOL: A RESET FOR MY FUTURE SELF

For the last 3 months, I've been alcohol-free...I got 3 more to go.

This decision is about more than just reducing my alcohol intake... it's about raising my baseline for my future self.

Here's why I want to raise my baseline...simply put, I want to set a higher standard for myself...a version of me who's more focused, more intentional, and more in tune with my mental game.

Les Brown famously said, "You must be willing to do the things today others won't do in order to have the things tomorrow others won't have." I think about that often.

While it may be tempting to indulge in habits everyone around me is engaging in, I made a conscious choice to take a different path these 6 months... it's for my own growth. Taking a break is just a choice I'm making to build a strong foundation for the life I want to create for myself and my family.

And here's the thing...I'm not trying to ignore or suppress my emotions....this is my biggest takeaway so far.

I'm realizing I'm able to identify feelings throughout the day. It's not that I was numb to it before, but I'm just more aware.

I'm learning how to give the right emotions the attention they deserve.

Dr Julie Smith, a renowned psychologist, talks about the concept of "thought diffusion." In her work, she explains that our thoughts and emotions are like actors on a stage, with our attention as the spotlight.

If we're aware and mindful, we can choose to direct the spotlight on the thoughts and emotions that are most helpful to us, rather than letting them all crowd the stage. It's not that the other actors are off the stage, but we can learn how to maintain control rather than letting everything fight for our attention.

I don't need to feel happy and positive all the time.
I can feel stressed out.

I can be self-critical and I can compare myself to my past.
I'm human... it's ok.

The key that I'm learning these days is not to give these emotions too much of the spotlight.

It's ok to feel them, but I won't let them dictate how I show up to work, to my kids or to Lindsey.

By taking alcohol out of the equation, I'm forcing myself to confront my emotions head-on and to be more aware, more mindful, and balanced in a nice way.

This 6-month break isn't about making a permanent decision to never drink again, instead, it is an experiment on self-discipline and awareness for me.

It's something I want to do that I've never done... it's becoming my personal miso...something that will define my entire year and my future self.

TABLE OF CONTENTS

Inside the Mind of Oliver Nam	1
Chana's Reflections	2
Sean's Two Cents	3
Jon's Journey	4
Member Appreciation	5
Train Together & Level Up Your Fitness!	6

CHANA'S REFLECTIONS



FROM OBSESSION TO BALANCE: MY FITNESS JOURNEY

I remember being a little girl, walking with my mom or cousin, but instead of enjoying the moment, I was focused on breaking a sweat. I was convinced that sweating meant I was losing weight. I wasn't overweight, but I had an unrealistic expectation of myself. I wanted to be thin like the models I saw on TV and thought the only way to achieve that was through intense cardio and underrating.

After every walk, I'd lift my shirt, hoping to see a change. I wasn't bullied for my appearance, but I felt pressure to fit into the beauty standards I saw. Fitness wasn't something I enjoyed—it was something I thought I had to do. At the time, I didn't understand what working out really was. Exercise, to me, meant running or anything that made me sweat.

In high school, my mindset continued. I experimented with different diets, cutting out food groups and restricting myself, hoping for results. All I got was frustration, exhaustion, and hunger. I didn't enjoy working out, but I tried different things like yoga and HIIT workouts, even using school books as weights. What I really wanted was to go to the gym and lift weights like the people I saw on social media—strong, yet still enjoying food.

After high school, I got a gym membership with my brother. On my first day, I was anxious. I didn't know how to use the machines or where to start, so I turned to YouTube for guidance. Over time, I learned proper form and exercises, and something clicked—I fell in love with it.

The gym became my escape. I'd listen to music and spend hours working out. Progress was motivating, but I wasn't eating properly. My obsession with fitness and nutrition became controlling. I worked out five or more times a week, rarely taking rest days, and never ate out. My body handled it because I was young, but this routine wasn't sustainable.

As I matured, I realized I genuinely loved working out—not as a punishment, but because it made me feel good. It became my passion. For some, exercise is a chore, but for me, it's an enjoyable part of my routine. I've also come to see fitness as a privilege. There were times I didn't have access to a gym, and I know many people don't have that opportunity.

The key to fitness is finding a movement you enjoy. Exercise isn't just about aesthetics; it builds discipline, improves circulation, and nourishes your mind. The biggest mistake people make when starting their fitness journey is placing rigid expectations on themselves, feeling like failures if they don't see quick results. But why rush for short-term gains when we could build a lifelong, enjoyable habit?

Now, I have balance. I don't panic if I miss a gym day, and I fuel my body with nutritious foods while enjoying treats without guilt. Fitness has saved me in many ways. No matter what life throws at me, I always show up for myself. It's the least I can do to honor my body and soul.

SEAN'S TWO CENTS



EMBRACING LIFE'S MESSY JOURNEY

Lately, I've been feeling...off? Scattered? All over the place? That feeling when things out of your control have influence over your life and pull you in several different directions?

Yeah, I've been feeling a lot of that feeling internally.

Now, this isn't to say that something is wrong or that I am not doing well. I feel, generally speaking, healthy and of sound mind. Although, I'm certain there could be several arguments for the case that I'm a bit nutty.

I think the best way to describe how I'm feeling is that I don't feel grounded. And I'm not grounded so much currently because the routine or predictability of my life has, of sort, had a wrench thrown into the mix.

My sleep hasn't felt entirely restful. My eating has been later in the evening than I'd prefer. My body is slightly injured here or there and it feels more sore some days. My attention is being pulled away from my goals.

The person I was two years ago would have been self medicating by now in order to disassociate from the hundred and one thoughts that would accompany this pattern of feeling not grounded.

Avoidance, of course, only exacerbated the feeling and made me spiral. Then, I'd hit a point where I'd do a "hard reset", make adjustments, last for some time and then repeat the pattern over again.

What I didn't realize was that I was avoiding the feeling of failure derived from my people-pleasing and perfectionist nature.

I was internally punishing myself for not staying on the "right path" or "the straight and narrow". Well, you know what I've realized now? The path is NEVER straight.

That I'm going to take steps back, have side quests, stop or maybe even turn around to find a new way to get to where I need to go.

The path isn't always straight. It's never going to go according to plan. It'll be different then how I envisioned it in my mind.

I'm learning ways to accept this truth. To find ways of reorienting and grounding myself in that fact. That I can always start again without the expectations of a perfect outcome.

Because what many poets and philosophers have said is true. It's not about the destination. It's the journey.

The struggle. The growth. The joy. The loss. The love. The life we GET to live.

Whether at ten miles per hour or one hundred miles per hour. It's unique to each of us.

That's the important part. Let's enjoy it.

Enjoy the fact that we're crazy, talking, bipedal hominids on a spinning rock that is hurtling through space and we get to experience such a finite bit of time here on it.

Ain't this universal dance beautiful? I think so!

JON'S JOURNEY



PIECING IT TOGETHER: REFLECTIONS ON PRESENCE AND CONSISTENCY

My life continues to be like a jigsaw puzzle that will eventually form my life and I have added a few more pieces.

Last month I shared that Oliver challenged me to spend a few minutes a day journaling my thoughts and feelings - random things. That challenge has proven to be a positive influence with measurable outcomes. In my journal I write where I am at at that moment in time. It is not a book that will be published or shared with anyone - it is a collection of thoughts capturing me in that moment of time; memorializing my transformational journey.

I would like to share just a few things I have written about - I will spare the intimate details - more of the topics I have chosen to write about.

A common mantra I jot down is a reminder for me to pause, breathe, focus, center, be mindful, and be kind.

Those sound like a random series of words - page fillers - but for me, putting them together and meditating on them grounds me back to the world around me. How often do I start my day full throttle and forget to enjoy the moment right in front of me - not living minutes in the future ignoring that fleeting moment I have been gifted. It could be a conversation, enjoying a beautiful sunrise, smelling a flower or sitting enjoying a cup of coffee with a friend. Making that real connection with that moment.

A real-life example; we are heading to a far-off adventure soon and I have caught myself signing into the airline website to choose my meals for the flight HOME; we haven't even left to go there and I am already choosing my meals to come home. What about all the time in between - what about the present-moment events I am ignoring to select a meal for a flight that I will take on May 1. Time for me to pause, breathe, focus, center, be mindful, be kind.

Another entry I have been exploring - March at Thrive has been consistency month. That challenged me to look at my own consistency. I make a plan to complete a variety of workouts - goals if you will. I need goals and measurable metrics to keep me moving. I have not been the most consistent in meeting my personal goals. I have spent some time journaling about that and came up with some relationships to contemplate - discovering that consistency, distraction, and emotional avoidance all play into my meeting my goals. Again, a collection of words. I am learning, for me, they swirl and feed into each other.

I pause and wonder if the goals I set and the path I have made to achieve them are realistic - do I even WANT to do them or do I use distractions and emotional avoidance to set myself up for failure and defeat? I need to be honest with myself.

I'd love to hear if you experience similar thoughts.

MEMBER APPRECIATION

Big Shoutout to Lynn Ellison from Our Evening Crew!

We want to give a big shoutout to Lynn Ellison from our evening crew! Lynn has been with us since July of last year, and she's been consistently crushing it every month. She's not one to boast, but we'll do it for her!



Lynn ellison

Like many of us, life sometimes gets in the way of working out.

But Lynn is smart...she celebrates her small victories leading up to her bigger goals, which she calls her "non-scale fitness wins!" This approach helps her stay motivated, no matter what life throws at her.

By focusing on the progress she's making in other areas, Lynn stays grounded and on the right path.

Lynn's commitment to her fitness is inspiring. She stays consistent with her home core workouts and stretching routine, ensuring her body stays strong and flexible. She's also known for showing up early to Thrive workouts, taking time to align her mind and body before class starts.

One of the most impressive things about Lynn is her willingness to challenge herself when the time is right.

She doesn't hesitate to increase her weight when she feels ready, which is essential to avoid stagnation and continue making progress.

What truly stands out about Lynn is the example she sets for her workout partners.

Her positive attitude and dedication inspire others to keep pushing themselves. Lynn's vibe is something we all love about her, and we're proud to have her as part of the Thrive community.

Lynn, thank you for representing the essence of what Thrive stands for and for embodying the spirit we love to serve.

We're honored to have been part of your journey to 100 workouts with us. Keep kicking butt, Lynn—you're an inspiration to us all!

TRAIN TOGETHER & LEVEL UP YOUR FITNESS!

Thrive is offering 2 free weeks of personal training to your friends and family.
To see if we're a good fit for them, and to take advantage of the 2 week offer, follow the 3 steps below.

Step 1

Use your phone camera to
scan the QR code below



Step 2

Choose a good date/time on
the schedule



Step 3

Oliver will reach out to you
ASAP to get started!



NEW BOOK

Guess what?!

Oliver just finished his 2nd book focusing on fitness for adults over 40.

It's called **From Start to Finish: The 4 Stages of Fitness for Adults Over 40**. You can get your free ebook copy by scanning the QR below, or grab a copy in the studio!



From Start to Finish: The 4 Stages of Fitness for
Adults Over 40

