

IT’S THE ATHLETE IN ME

In the quiet of dawn, while the world’s still asleep,
A fire ignites, a promise I keep.
With sweat on my brow and dreams in my heart,
I lace up my shoes, it’s time to start.

"IT’S THE ATHLETE IN ME" that rises and strives,
Through the struggles and stumbles, my spirit survives.
When doubts whisper low, and the shadows creep near,
I stand a bit taller, fueled by my fear.

Each drop of sweat tells a story untold,
Of hours in silence, of being bold.
The grind is relentless, the path often steep,
But I'm craving my fate—no mountain too deep.

With every rep, every mile that I run,
I'm chasing a vision, I'm reaching for sun.
The whispers of "no" won't drown out my beat,
For I'm fueled by the fire that flows in my feet.

I train when it's dark, I train when it's light,
I push through the pain, I embrace every fight.
For the gold that I seek isn't just on a shelf,
It's the strength in my heart, it's believing in self.

So here's to the journey, the battles I face,
To the dreams that I nurture, the goals I embrace.
For every setback is a chance to ignite,
"IT'S THE ATHLETE IN ME," ready to fight.
With "A FITNESS STATE OF MIND" and faith as my guide,
For there's "NO FITNESS WITHOUT GOD" , He's right by my side.

So rise with the sun, let your spirit run free,
Embrace every challenge, unleash the athlete in me.
With grit and determination, I'll soar to the sky,
For I'm destined for greatness, and I'll never say die.

When the world says "can't," I'll whisper "I will,"
With passion and purpose, I'm climbing each hill.
For it's not just the trophies, nor the cheers of the crowd,
It's the journey within me that makes me so proud.

"IT'S THE ATHLETE IN ME" that won't back away,
Through the trials and triumphs, I'm here to stay.
With hard work and heart, I'll rise from the sea,

One day they will know,
"IT'S THE ATHLETE IN ME."

Written By: Hersh White