

Peloton Instructor Quotes

Safety

Keep Work Light

- We *GET* to do this today.
- Change your chatter.
- Bring your own sunshine, bring your own swagger.
- Happiness is circumstantial. Joy is a decision.
- We take the work seriously, we don't take ourselves seriously.
- When you feel the burden, remember the privilege.
- This is a privilege, not a punishment.
- You've got to find joy in the process. Otherwise you won't keep coming back. Otherwise you won't do it.
- Be grateful that you can be here today.
- BYOE: Bring your own energy.
- Remember when you wished for what you have right now?

Affirm Belonging

- You are not alone. You have not been told enough that you are doing great. I see you.
- I'm so glad you decided to join me today.
- You are in the right place.
- There's a reason you are here today.
- What's great is that we get to do this together.
- Together, we go far.
- You are part of this family, this community.
- Fear thrives in isolation. With connection and community, we combat fear and showcase strength.
- Don't worry, I've got you. I've got your back.
- We're here because we want to ride with you. There's only one squad here.

Separate Self-Worth from Outcomes

- Whatever you did today was enough. Great job. Your best is good enough.
- You cannot hate yourself into change.
- The only weight you need to lose is the negative thoughts in the back of your mind.
- It's about being your own version of awesome.

- How are you talking to yourself right now? Make it kind. Turn down your inner critic.
- No shame in the game, modify as needed.
- Head high, crown on.
- Let's go, Boss.
- You are a fire-breathing dragon.
- You deserve to be kind to yourself. And if the conversation isn't kind. Make it powerful.
- Haters are just confused fans.

Dynamic Identity

- This is a necessary part in your journey; you can't get to where you want to be next without being here first
- What was historical doesn't have to be your forever.
- Never stop finding your light.
- Don't compare your chapter 1 to someone else's chapter 40.
- There's magic in the mess.
- Is there room for improvement? Sure! Yes! Always!
- You are a masterpiece and a work in progress all at the same time.
- Confidence can be learned. We can train for that.
- There comes a point when holding on to the old you is more energy than creating the new you.
- Be willing to be good at something new.

Rest

- You are a rockstar, treat yourself accordingly.
- Ask for what you need.
- Treat your body like it belongs to someone you love.
- None of us can give from an empty cup.
- Self-care is not selfish.
- Prioritize your no's to protect your yes's.
- You deserve to exhale. May your rest feel revolutionary

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Stretch

Keep Showing Up

- Not every day is going to be your best day, but if you keep showing up, you will have a lot of best days.
- Keep showing up. Show up for yourself.
- Why not me?
- What's your intention? Why are you here? Why do you keep showing up?
- Show up to the opportunity.
- I never thought that running, riding, and sweat would become my superpowers, but I just kept showing up.
- You woke up today, might as well be a badass.

Reframe Failure

- We are pushing our muscles to the point of failure. It's only after failure that we grow.
- Practice the weakness until it becomes a strength.
- Revel in your failures. Failure is just feedback. I want you to fail bigger.
- We don't lose, we don't fail. We either win or we learn.
- For champions, 'failure' is just a new starting line.
- If you give up now, what was it all for? Be proud of the struggle.
- They may knock you down, but they can never knock you out.
- Success is not linear. Success is when you fall and have the courage to get back up. When you keep pushing through, trust in the process, embrace failure, and appreciate the wins along the way.

Progress over Perfection

- When was the last time you did something brave for you? Be brave enough to do something new.
- You've made it through 100% of your bad days. Look how far you've come.
- The conditions don't need to be perfect for you to access your strength.
- Don't go back, you aren't going that way.

- Keep honoring your hustle and polishing your crowns.
- Become the best version of you.
- It doesn't get easier. You just get stronger.

Expect Greatness

- Shout out your goal. Say it. Own it.
- What if this is the moment you change the standard for yourself.
- Tap into your inner strength because it is there.
- If you think you can't, change your mind.
- What decisions would you make if you were twice as strong and twice as confident?
- Clear your mind of can't.
- You are stronger than you imagine, show me who you are.
- You are tougher than this moment.
- You can do hard things.
- Limiting beliefs are loud. Make your hustle louder.
- You are a match for your mountain.

Lean Into Struggle

- What's the lesson here? Go for it.
- If there is no challenge, there is no change.
- Aren't you worth more than easy?
- Take every challenge as an opportunity. As an open door.
- This is a moment for challenge. This is a moment for change.
- Don't be afraid to get uncomfortable to get stronger.
- Did you come here for easy or did you come here to get strong? Let's experiment with your strength. Not sure if you can do it? Let's give it a try.
- When you work and get uncomfortable, you get strong and resilient.
- You deserve more than easy.
- This is the part where you get stronger.