

## Treat Your Body Like Art

You are both the sculptor and the sculpture. **Treat your body as if it belongs in the Vatican's archives**—a masterpiece worth cherishing. Flexing your body, building strength, and honing physical prowess is a deeper, more virtuous achievement than acquiring any flashy possession.

### Why Care for Your Body?

In today's world, we're often more focused on *what* we can acquire rather than *who* we are. My antidote? **Treat your body as if it doesn't belong to you**—something invaluable, irreplaceable. Unlike material possessions, you only get one body. It's more than just a vessel; it's a reflection of your soul. **Your soul *is* your body.**

### Strong Body, Strong Mind

The stronger the body, the sharper the mind. As photographers, we know the importance of mind-body connection—how we move, see, and interact with the world. The stronger our physical presence, the more powerful our creative work.

***"The more muscle, the better. The stronger we become, the more focused our minds."***

### You Only Live Once

One limitation of modern Christian ideology is its focus on the afterlife, sometimes overlooking the value of our earthly experience. I'd rather be strong and powerful than meek and humble. You're going to live in this body for your entire life on this earth, so **treat it as sacred, building it with care and strength every day.**

### You Are Art

Society often celebrates possessions as symbols of success. But owning a Lamborghini pales in comparison to having a strong, healthy, and capable body. **Flexing your physical form is the ultimate statement of success**—something more virtuous than any material possession could ever be.

***"It's more virtuous to flex your body than some 'thing' like a Lamborghini."***

### **You Are Both Sculpture and Sculptor**

You are both the sculpture and the sculptor. **Seeing your body this way can fuel a deep motivation to wake up each day, take pride in the mirror, and be proud of your work.** This mindset isn't vain—it's a powerful, intentional way to approach your health and strength.

### **Treat Your Body Like It Doesn't Belong to You**

Sometimes the message of traditional faith may lead to a disconnect from the body. To transcend this view, **affirm your life and body as sacred, lifting it up with pride.** It is our duty as humans to strive for greatness, to strengthen ourselves, and to see how far we can push human potential.

### **Think of Everything You Do as Art**

The world is our canvas, and **everything we do is art**—from thoughts to words, images, and physical form. Treat your body like an ancient Greek sculpture worth celebrating, as something timeless, proud, and full of potential.

***"Treat your body like art. Treat it like it's an Ancient Greek sculpture worth championing!"***