



One Decision Away

DAVID ATKINS

#NoExcuses

Keynote Speaker • Author

22 Year Law Enforcement Captain • Million Dollar Direct Sales Earner

David is a retired New York State Police Captain after 22 years of service. He ran all State Police operations for the County of Westchester NY, averaging approximately 400-500,000 911 calls a year. David was the New York State Trooper of the Year in 2003 followed by New York State Police Investigator of the Year in 2007. David was also a first responder at Ground Zero on 09/11, where he spent weeks working in New York City. While working full-time with the NY State Police, David also built a million-dollar international direct sales business with Beachbody, leading a team of 1,400 people today. Through his success both in law enforcement and business, David became a Keynote Motivational Speaker, presenting to groups of a few hundred people to over 20,000 people in the NFL Super Dome in New Orleans. David published his first book *The Leveled Up Life* with his second book *The One Decision Away Philosophy* published in the summer of 2025. David is the creator of The One Decision Away Philosophy and host of the Personal Perseverance Project Podcast. Most importantly, David is a husband and a Father to his three daughters.