
01



MENTAL WIN

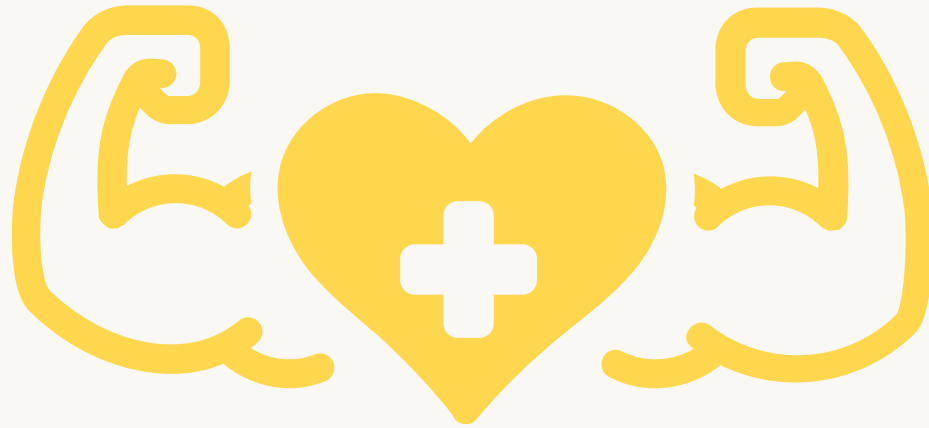
***"Say 2 encouraging phrases
to yourself in the mirror",***

***"Speak them out loud with
conviction"***



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02



Physical Win

"Hold a 15-second plank",

***"Focus on keeping your core
tight"***



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03



Spiritual Win

***"Take 3 slow, deep breaths
focusing on calm",***

***"Inhale for 3s, exhale for 3s,
repeat"***



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Curious about my method
to become a better version
of yourself in just 30 days.

Mentally, Physically and
Spiritually in under 3 hours
a week?



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