

HOW TO REINVENT YOURSELF IN 5 MINUTES

You are going to do what we call a 60 second brain dump on the following questions. When you are done you will the Blue Print For How To Reinvent Yourself!

1. Who are you right now? 60 seconds
 - Personality traits both positive and needing refinement
 - Health, Fitness, nutrition, and RR
 - Relationship status ie partner, family, friends
 - Career
 - Financially
 - Business
 - Spiritually
 - Mindset
 - other
2. Who were you before? 60 seconds
Same as above in retrospect
3. Who are you becoming 60 seconds
What are you dissatisfied with that you want to change?

4. Who do you want to be? 60 seconds

What will those changes make you become?

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5. How are you going to get there? 60 seconds

Take a course

Read a Book

Watch a video

Get a Coach or Mentor

Take a specific, laser targeted action

Mindset shift

Now you have your Blue Print For Reinventing Yourself.
Now it's time to take action and resolve to make your life
the exciting, fulfilling adventure that you desire and
deserve!

Questions or for a personal session with Chris

407-908-8023 Call me!

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