

9-MINUTE METHOD

SHORT AND SIMPLE QUICK START GUIDE

STEP 1: Write down on a white piece of paper: “I will go through this whole quick start guide, because it’s so easy to implement”

STEP 2: write down your goal and in what time frame you want it: [X] POUNDS IN [Y] DAYS. Short and simple!

STEP 3: write down the four lists. Keep them short for starters just to get started. If you get stuck, move to the next step. Remember: Short and simple!

STEP 4: write down 5 affirmations you want to achieve. Write in present tense.

STEP 5: listen to the audio in a relaxed state at least once a day.

Once you get this done, you are far better equipped mentally than 90% of all people who read this! Just take action, and make something out of the goals you want to achieve.

Don't just sit down and buy the next course just because it makes you feel better. Take some action and make your future look brighter in every sense.

After you've got the quick steps together, look closely at the more advanced techniques explained in the guide that will make your goals even quicker to achieve.