



Wrong
to
Strong

ULTIMATE
SELF-PROGRESS
(USP) MAX

Featured on the **National Geographic Channel,**
Dead Files, and **America's Most Evil Gangsters.**

ABOUT US

From Wrong to Strong, our mission is clear: to guide individuals on a transformative journey towards self-control, purpose, and inner peace. Through mentorship, coaching, and storytelling, we empower those who have faced challenges to break free from the cycle of crime, addiction, and despair. Drawing inspiration from the life of JC, As a school, we ignite positive change, support successful reintegration into society.

We help individuals rediscover their inherent strength, responsibility, and adaptability. Together, let's forge a path towards a brighter future. Join us on this journey.

This program is more than a course; it's an opportunity to witness firsthand that change is not only possible but can lead to a path of ultimate freedom and success.

MEET JULIO CESAR ALMANZA:

From the Streets to Success

Julio Cesar Almanza, known as JC. I'm not just a fitness trainer, mentor, author, and entrepreneur; I'm a living testament of transformation. My journey began in the gang-ridden streets of Chicago, where survival meant adopting a tough exterior. I found myself drawn into the allure of the lucrative yet perilous drug trade working for the Cartel in Mexico, leading to a wild life.

For seventeen years, I navigated in and out of the most dangerous prisons in Mexico and the USA, remaining steadfast in my thuggish mindset. To many, my story may seem shocking, but it was a reality I knew all too well. However, destiny had more in store for me.



From Wrong to Strong:

A Remarkable Transformation

Today, I stand as a testament to the incredible power of change. I'm not just a successful entrepreneur and coach but the owner of "Wrong to Strong Fitness," a thriving fitness company, and "Wrong to Strong Lifestyle," a dynamic clothing line. Moreover, I am the CEO of "Wrong to Strong Ministries," a non-profit organization dedicated to helping others rewrite their stories.

But the most remarkable chapter of my journey unfolds when I willingly stepped back into the very institutions I once called home - prisons. As a volunteer, I became an unchained example that change is possible. I offer hope and guidance to those who seek a path from the shadows of their past toward a future of freedom and success.

Join me on This Transformative Journey where you will draw inspiration from my extraordinary life journey. Together, we'll delve into the profound lessons I learned and the transformation that led me from the depths of despair to the heights of success.

Are you ready to witness the power of transformation in your own life?

Let's take that first step together on this inspiring odyssey

I'll be your guide on this transformative journey, drawing inspiration from my own life experiences. From the tumultuous streets where I began, to the challenges of incarceration, and onward to becoming a triumphant trainer, YouTuber, and influential motivational speaker. My journey is a testament to the incredible transformation.



By the end of this module, you will:

1. Declare that you are "all in" on this program
2. Discuss the results of the USP program
3. Explain this program to others
4. Recruit friends and family to join you on this journey

Start with the following commitment to yourself:

Commit to completing this course within 60 days.

Name: _____

Today’s Date: _____ 60 days from today: _____

Spiritual – Write a brief description of your spiritual journey, including where you remember starting, where you’ve visited, where you believe you are currently, and where you want to go.

Physical – Record your current data

Height _____ Weight _____ Fat _____

Describe your typical daily nutrition. Include what, when, and how much you eat and drink. Any vitamins or other supplements? How about medications?

Detail your typical daily/weekly physical activity: exercise, sports, and other activities. What do you do on the job (physically)? How would you describe your functional fitness (ability to do everyday things without pain or discomfort)?

Emotional – Assess your current relationships and determine how they impact your present emotions. Describe your relationship with yourself, close friends, families, significant others, co-workers/boss, etc. How do you get along with yourself and others? What would you like to work on in this area?

Behind these bars, where survival requires more than just book smarts, a theory emerges—a theory that uncovers the hidden intelligences thriving within us. You’ve seen it yourself, navigating this rugged terrain; Some are born hustlers, streetwise and sharp, while others possess a mechanical knack that keeps things running like clockwork. It’s a world where adaptability and resourcefulness reign supreme—a world where mastering multiple intelligences is the key to thriving.



No need for a fancy lecture on the eight types of intelligences; we’ve lived it. Some excel in the art of words, crafting tales that captivate and deceive, while others possess a mechanical finesse, fixing and modifying the gears that drive this institution. It’s a life where strength, cunning, and quick thinking are currency—a life that demands mastery of multiple intelligences to navigate the ever-changing landscape.

Describe what you believe are your smarts as well as your not-so-smart areas. We firmly believe you can enhance all your intelligence with four specific activities – reading, writing, watching, and speaking. Describe what and how much you read, write, watch, and speak daily:

Check-In

- ☐ Tell at least three people who are close to you about this commitment.
- ☐ Post your commitment to the Wrong To Strong online community.
- ☐ Share the results on social media online communities.
- ☐ Develop an elevator pitch (1 minute) for why you engage in this program.
- ☐ Share your pitch with at least three other people, trying to recruit at least one of them to do the program with you.



Module 1: Defining Solitude and Its Significance

What’s up Fam! I want to kick off this program by sharing something deeply personal with you. You know, solitude wasn’t always my ally. In fact, it used to be my greatest fear. You see, I spent years locked away in prison, and ironically, being alone was what scared me the most.

As a child, I endured hours and sometimes days locked in a dark room, and it left an indelible mark. It made me dread solitude, and even the darkness itself. It was the very last lesson I had to learn after coming home from prison.

So, let’s talk about solitude. What is it? It’s not just about being alone; it’s about voluntarily stepping into a space where it’s just you, your thoughts, and the absence of external distractions.

Solitude can take on different forms. There’s the kind we choose for personal reflection, and there’s the kind that life sometimes throws at us when we find ourselves alone due to circumstances. Both are powerful in their own way, and I’ve experienced both firsthand.

One thing I’ve learned is that solitude often comes with silence, and that silence can be a game-changer. It’s in those quiet moments that we have the chance to dig deep within ourselves, to reflect, and to truly understand who we are.”



Why Embracing Solitude Matters

“Now, you might be wondering, why should we even bother with solitude? Well, my friends, there are some pretty compelling reasons.

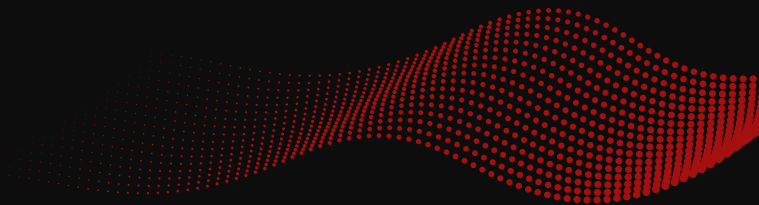
First off, it’s a catalyst for personal growth. When you embrace solitude, you open the door to self-awareness and personal development. I can tell you from my own journey that it’s during these moments of solitude that I’ve experienced some of my most significant breakthroughs.

Second, it’s not just about growth; it’s about creativity too. Solitude can be the breeding ground for those ‘out of the box’ ideas. Think about some of the great artists and thinkers in history; many of them found inspiration in solitude.

Third, let's not forget about mental health. Solitude can be a sanctuary for your mind, reducing stress, and promoting emotional balance. The science backs this up, too – there's something truly restorative about moments of solitude.

In my life, embracing solitude has also taught me resilience. It's in those times when you're all by yourself that you discover your inner strength. You learn to rely on yourself, to face challenges head-on.

Lastly, solitude helps us connect with our authentic selves. Stripped of external influences, we can truly be who we are meant to be. It's a journey of self-discovery, and it's one that's incredibly rewarding."

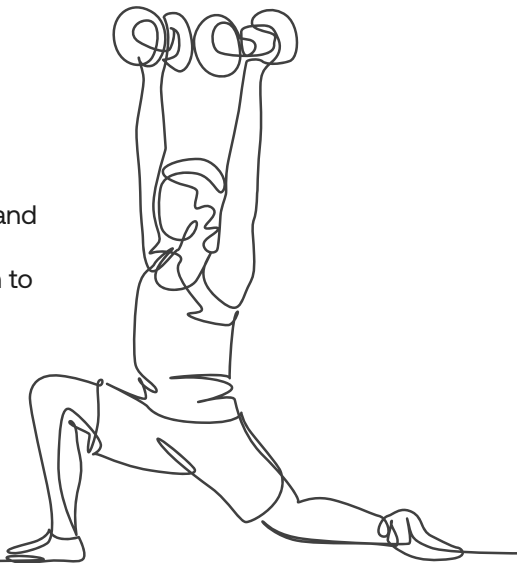


Exercise: Embracing Solitude Challenge

"Now, I'd like to introduce you to a powerful exercise that I encourage all my clients to undertake. It's called the 'Embracing Solitude Challenge.' Here's how it works:

- » Find the smallest bathroom in your house.
- » Take your food, water, and whatever books you plan to read.
- » You will spend the next 24 hours in that bathroom.
- » There should be No human contact during this time, no phone, no social media.
- » You can't leave the room; you have to stay there for the full 24 hours.
- » This exercise may seem daunting, but it's a profound way to experience solitude firsthand.
- » It will test your limits, but it can also be a transformative experience. It's an opportunity to truly embrace solitude, understand yourself better, and discover the strength within you.

I encourage you to take on this challenge when you're ready, and when you do, reflect on your thoughts, emotions, and insights during those 24 hours. It's a journey worth taking on your path to embracing solitude."



Book Recommendations on Solitude:

"Walden" by Henry David Thoreau - If you're seeking an inspiring journey into solitude, you can't miss Thoreau's "Walden." It's about his two-year experiment of simple living in a cabin in the woods.

"The Art of Solitude" by Stephen Batchelor - I highly recommend "The Art of Solitude" by Stephen Batchelor. It delves into how solitude can be a powerful tool for personal growth and spiritual development.

"Quiet: The Power of Introverts in a World That Can't Stop Talking" by Susan Cain - While not solely about solitude, this book explores the value of introversion and the quiet moments that can lead to profound insights.

"Solitude: A Singular Life in a Crowded World" by Michael Harris - In our fast-paced world, "Solitude" by Michael Harris reminds us of the importance of finding moments of stillness and reflection.

"The Stranger in the Woods: The Extraordinary Story of the Last True Hermit" by Michael Finkel This is a true story showcasing the extremes of Solitude. It's about a man who lived alone in the woods for 27 years.

Solitude Exercises:

Solo Nature Walk: Take an hour to immerse yourself in nature without any electronic devices. Observe the world around you and let your thoughts flow.

Unplugged Evening: Choose a night to completely disconnect from screens and social media. Use this time for reading, journaling, or just quiet contemplation.

Daily Meditation: I encourage you to start a daily meditation practice. Begin with a few minutes of silence and gradually extend the duration as you become more comfortable.



Reflection Questions:

What does solitude mean to you personally?

Take some time to define what solitude means in your life and why it holds significance for you. How do you respond when you're alone for an extended period?

Reflect on your emotions and thoughts during solitude. Do you find it challenging or liberating? What lessons have you learned from past moments of solitude?

Recall experiences when you were alone. What insights, discoveries, or lessons did you gain from those times?

What activities or practices bring you comfort during solitary moments?

Identify specific activities or routines that help you find tranquility and solace during your solitary moments. In what ways do you believe solitude can contribute to your personal growth and well-being?

Consider the potential benefits of embracing solitude in your life and how it can enhance your overall well-being. Do you have any fears or concerns about solitude?

Explore any fears or reservations you may have about spending time alone and think about how you can address them.



Module 2: Yard Hustler - Embracing Physical Strength

“What’s good, team! Welcome to the ‘Yard Hustler’ module, where we delve into the world of physical strength, fitness, and the incredible journey that brought me here.

I’ve been hitting the gym since I was just a 9-year-old, thanks to my dad’s guidance. It’s been a lifelong passion. I learned about supplements, diet, and the power of exercise at a young age. Little did I know that this foundation would become a lifeline during my time in prison.



In prison, I took my fitness regimen to a whole new level. I spent hours on the yard, pushing myself to the limit, and mastering the art of working out. This experience transformed me, and when I returned to the free world, I came back as a certified fitness trainer, coach, and Sports Nutrition expert.

I’ve had the privilege of training Felons, Public figures, artists, cops, military personnel and dads. My online coaching business has helped countless individuals become stronger, healthier versions of themselves.

In addition to coaching, I’ve achieved personal milestones, holding two State records in powerlifting. Fitness isn’t just a part of my life; it’s my passion, my purpose, and my way of helping others achieve their full potential.

Recommended Books on Physical Strength:

“Starting Strength” by Mark Rippetoe – If you’re just starting your fitness journey, this book is a great foundational read for building strength.

“The New Rules of Lifting” by Lou Schuler and Alwyn Cosgrove – For those looking to advance, this book offers a comprehensive guide to strength training.

“Becoming a Supple Leopard” by Dr. Kelly Starrett – Emphasizing mobility and flexibility, this book complements strength training, especially important for beginners.

“Body by Science” by Dr. Doug McGuff and John Little – For the science-minded, this book explores efficient workouts that yield maximum results.

“Arnold: The Education of a Bodybuilder” by Arnold Schwarzenegger – Arnold’s journey from a skinny kid to a legendary bodybuilder is inspiring and full of valuable insights.

Physical Strength Exercises:

Strength Building Routine: If you’re a beginner, it’s crucial to develop a personalized strength-building workout routine based on your fitness goals.

Mobility and Flexibility Exercises: For beginners, incorporate mobility exercises into your routine to improve joint health and flexibility. Include stretches and foam rolling.

Nutrition and Diet Planning: As a beginner, create a nutrition plan that aligns with your fitness goals. Pay attention to macronutrients, meal timing, and supplementation.



Reflection Questions on Physical Strength:

What does physical strength mean to you personally, especially if you’re just starting your fitness journey?

What steps will you take to introduce discipline into your fitness routine as a beginner, and how do you see this discipline benefiting your journey?

What specific fitness goals do you have as a beginner, and what are your initial plans to achieve them?

How has your fitness journey transformed you both physically and mentally, and how do you plan to continue this transformation?

How have you observed the positive impact of physical strength in other areas of your life, and how do you intend to leverage this strength even further?

How can you, as someone with intermediate or advanced fitness knowledge, inspire and guide others who are just starting their fitness journeys to embrace physical strength and live healthier lives?

If you're ready to take your fitness journey to the next level and want personalized guidance, support, and coaching, I invite you to join my online coaching program. Together, we'll work on setting and achieving your fitness goals, building strength, and optimizing your health. Don't hesitate to reach out to me. I'm here to support you every step of the way."

To sign up and begin your journey to physical strength, click the link below. Let's embark on this journey together and make your fitness goals a reality.

Sign Up for Online Coaching - Click Here



Module 3: Lockdown - Understanding the Vital Role of Sleep

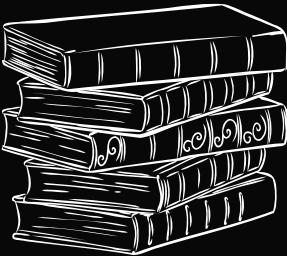
“Welcome to Module 3: ‘Lockdown- Understanding the Vital Role of Sleep.’ In this module, we’ll delve into a unique aspect of my journey which is how sleep played a pivotal role in my life, especially during challenging times.

As a child, I endured dark and terrifying moments in a room that left me with a deep fear of the dark. Those early experiences, combined with a challenging upbringing on the streets, exposed me to a multitude of unsettling sights and experiences. The demons from my past haunted my nights, making sleep an elusive companion.

It’s intriguing how life’s circumstances can affect our relationship with sleep. I often found myself wondering why, paradoxically, I slept so well in prison. The answer was surprisingly simple: the doors were locked, and there was always a light on. These elements, seemingly restrictive, offered me a sense of security and peace that I had longed for. The structured environment provided me with a sanctuary where sleep became a welcome refuge.

However, when I left prison and ventured back into the outside world, sleep took a dramatic turn for the worse. I would toss and turn, struggling to get even one or two hours of rest. The toll this took on me was visible not only in my physical appearance but also in the way I thought and interacted with others. I became short-tempered, and my decision-making suffered as a consequence.

Understanding the science of sleep is not just about the physical processes within our bodies. It’s about recognizing the intricate interplay between our environment, emotions, and sleep quality. In the following exercises, we will explore this relationship further and equip you with strategies to overcome sleep-related challenges and unlock your true potential.



Recommended Books on Sleep:

“Why We Sleep” by Matthew Walker - This book delves into the science of sleep, explaining its importance and providing practical tips for improving sleep quality.

“The Sleep Revolution” by Arianna Huffington - Arianna discusses the importance of sleep and how it can impact various aspects of our lives, including our success and well-being.



Sleep Improvement Strategies:

Investing in Quality Sleep Gear: Consider investing in a good mattress and pillow that align with your comfort preferences. A comfortable sleep surface can make a world of difference.

Creating an Ideal Sleep Environment: Make your sleep space conducive to rest by ensuring a dark room, minimizing noise, and using sleep masks or earplugs if necessary.

Sleep Hygiene Routine: Implement a sleep hygiene routine that includes winding down before bed, avoiding screens, and maintaining a consistent sleep schedule.

If you find yourself struggling with sleep-related challenges or need guidance on improving your sleep quality, don't hesitate to reach out to me. I'm here to support you in overcoming these challenges and unlocking your true potential through better sleep.

Remember, we spend a significant portion of our lives sleeping, and it's during this time that our bodies truly heal and rejuvenate. So, investing in your sleep is investing in your overall well-being.



Reflection Questions on Sleep and Solitude:

How has your past or life experiences influenced your relationship with sleep, and do you believe making changes to your sleep environment can improve your sleep quality?

What strategies can you implement to manage the impact of poor sleep on your daily life and decision-making, taking inspiration from the structured environment of prison?

How can you prioritize and invest in sleep, recognizing that it's where the real healing happens in the body, and that good sleep can contribute to a youthful appearance and overall well-being?

If you're interested in taking your journey to the next level, including addressing sleep challenges, and want personalized guidance and support, consider joining my program. I'm here to assist you every step of the way, ensuring you reach your full potential."



Module 4: Yard Boss - Mastering Discipline Through Action

“Welcome to Module 4: ‘Yard Boss - Mastering Discipline Through Action.’ In this module, we’ll explore the crucial role of discipline, how it was honed in prison, and how you carried the concept of being a ‘Yard Boss’ from prison to the streets, keeping you a step ahead of everyone in the outside world.

As I mentioned earlier, being part of an organization in prison demanded unwavering discipline. It meant working out when you didn’t feel like it, stepping out onto the yard when your body begged you to stay inside, and doing what you said you would do, no matter the circumstances. These principles of discipline became my daily companions and lifelong teachers.

The title ‘Yard Boss’ symbolized not just discipline but also leadership. It meant setting the example, holding oneself accountable, and being a source of inspiration for others in that confined environment.

When I left prison and ventured back into the outside world, I carried the ‘Yard Boss’ mentality with me. It was my secret weapon, keeping me a step ahead of everyone else. Living like you’re in prison doesn’t mean restricting your freedom; it means applying the same discipline, accountability, and leadership to your everyday life. It’s about taking control of your actions, making commitments, and following through with unwavering determination.



Recommended Books on Discipline:

Extreme Ownership by Jocko Willink and Leif Babin - This book provides valuable insights into leadership and discipline, drawing lessons from the battlefield that can be applied to everyday life.

The Power of Habit by Charles Duhigg - Explore the science of habit formation and how discipline plays a vital role in shaping our routines.

48 Laws of Power by Robert Greene - This book is an eye-opener that dives into the principles of power, strategy, and human nature. It’s an essential read for those who want to break free and seize control of their life. Notably, this book has been banned in prisons, which highlights its powerful insights into personal empowerment and life.



Discipline-Building Exercises:

Daily Commitment Challenge: Set a daily discipline challenge for yourself. It could be a fitness routine, a commitment to learning, or a task that demands consistency.

Accountability Journal: Keep a journal where you document your daily commitments and reflect on your discipline-building journey.

Leadership Action Plan: Develop a plan for leading by example in your personal and professional life. Identify areas where discipline can make a difference.

Reflection Questions on Discipline:

How has your understanding of discipline evolved throughout your life, and what experiences have shaped your view of this crucial trait?

What specific actions can you take to improve your discipline and consistency in various aspects of your life, even when faced with challenges?

In what ways can the principles of discipline, learned in the confined environment of prison, be applied to your life in the free world?

If you're ready to harness the power of discipline, become a true 'Yard Boss' in your life, and take control of your actions, I invite you to join my program. Together, we'll work on developing unwavering discipline, leading by example, and achieving your goals.

Don't underestimate the transformative power of discipline. It's the force that can turn dreams into reality, and it's a skill you can cultivate and refine. As we move forward in this program, remember that discipline is your ally on the journey to personal growth and success.



Module 5: Contraband - Cleansing Demons And Finding Forgiveness

"Welcome to Module 5: 'Contraband - Cleansing Demons and Finding Forgiveness.' In this module, we'll explore the concept of contraband in prison, but more importantly, we'll delve into the deeper meaning it holds in our lives. It means finding the path to cleansing our inner demons and learning to forgive ourselves and others.

In prison, 'contraband' refers to prohibited items or substances. These can range from drugs and weapons to unauthorized personal items. The term 'contraband' is a reminder of the constant struggle for control and security within those walls.

But 'contraband' is not just a prison term; it's a metaphor for the emotional baggage we all carry—our hurt, pain, guilt, and regrets. These are the inner demons that haunt us, often hidden away from the world, but always present.



My Personal Journey: The Weight of Emotional Contraband

For over four decades, I carried around a heavy load of pain and regrets. The wounds from my childhood, with my mom not being there and my dad absent and what my uncle did to me, left deep scars. The streets, where I lost friends and witnessed countless hardships, added to the weight of my emotional 'contraband.' I didn't trust anybody; I didn't know how to love anybody, least of all myself.

This pain was like a poison in my heart and mind, holding me back from truly living. I wore a mask, hiding my vulnerability from the world. I couldn't forgive myself for past mistakes, and I carried the burdens of others who had hurt me.

The Transformation Through Forgiveness:

It wasn't until I discovered the transformative power of forgiveness that I began to unburden my soul. Forgiveness wasn't about condoning the wrongs; it was about releasing myself from their grip. It was about acknowledging the pain and choosing to let it go.

I started by forgiving myself. I forgave the mistakes I had made, the wrong turns I had taken, and the years I had lost. It was like removing shackles that had bound me for so long. I learned to love myself, flaws and all.



Recommended Books and Movie on Forgiveness:

“The Book of Forgiving” by Desmond Tutu and Mpho Tutu - This book explores the profound healing power of forgiveness and provides practical steps to begin the journey.

“Radical Forgiveness” by Colin Tipping - Discover a fresh perspective on forgiveness and how it can liberate you from the burdens of the past.

Movie: “The Shack” - This movie explores themes of forgiveness, healing, and spirituality. It offers a powerful narrative on the journey of forgiveness and finding inner peace.

Reflection Questions on Forgiveness:

What emotional ‘contraband’ do you carry within yourself, and how has it affected your life and relationships?

Have you taken steps toward forgiveness, and if so, what have you learned from this process?

Forgiveness Exercises:

Letter of Forgiveness: Write a letter to yourself or someone you need to forgive. Express your feelings, understanding, and desire for healing.

Daily Forgiveness Practice: Incorporate forgiveness into your daily routine. Take a moment each day to reflect on areas where forgiveness is needed, whether toward others or yourself.

Community and Support: Seek out supportive communities or groups that focus on forgiveness and healing, such as Church programs or support groups like AA.

In what ways can forgiveness and cleansing your inner demons lead to a more fulfilled and peaceful life?

The Journey of Forgiveness

If you’re ready to embark on the transformative journey of forgiveness, to cleanse your soul from the weight of emotional ‘contraband,’ I invite you to join my program. Together, we’ll explore the path to forgiveness, healing, and finding inner peace.

Remember, forgiveness is a gift you give to yourself. It’s a way to unburden your heart and make room for positivity and growth. As we continue in this program, keep in mind that the process of forgiveness can lead to profound transformation.



Module 6: Chain Breaker Alignment : Release

Date: Insert Date

“Welcome to Module 6: ‘Chain Breaker Alignment - Unleashing Your True Potential.’ In this final module, we’ll explore the concept of breaking free from chains that have held you back and aligning your life with your true potential. We’ll draw upon my personal story and experiences to illustrate this transformative concept.

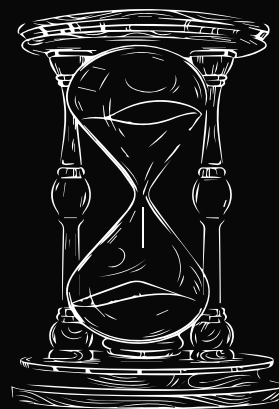
Throughout this program, you’ve journeyed with me through the challenges and triumphs of embracing solitude, mastering discipline, cleansing inner demons, and finding forgiveness. You’ve witnessed how the darkest moments of my life, from solitary confinement to the chaos of the streets, could have kept me trapped in despair.

However I chose a different path—a path of self-discovery, growth, and transformation. I broke free from the chains of my past, and through it all, I discovered that alignment is the key to unleashing your true potential.

Consider the difference between a genuine Rolex and a counterfeit one. A true Rolex utilizes high-quality automatic movements, resulting in the smooth, sweeping motion of the second hand. On the other hand, a fake Rolex typically ticks, showing inconsistencies and a lack of precision. Just like a genuine Rolex, when your life is in alignment, every aspect moves smoothly, without hesitation or interruptions. This alignment is the key to unleashing your true potential and living a purposeful and fulfilling life.”

Historical Inspirations:

Throughout history, individuals who achieved remarkable feats often did so by aligning their actions with their values and passions. Mahatma Gandhi, Nelson Mandela, Leonardo da Vinc, Jc Wrong to Strong demonstrated the power of aligning one’s actions with values and dreams.



Recommended Resources for Alignment:

“The Alchemist” by Paulo Coelho – This book explores the journey of self-discovery and following one’s dreams, reminding us that the treasure we seek is often within us.

“The Seven Habits of Highly Effective People” by Stephen R. Covey – Learn about principles for personal and interpersonal effectiveness, helping you align your life with your values.

“The Perfect Day Formula” by Craig Ballantyne – Discover strategies to create your perfect day, aligning your daily actions with your goals and values.

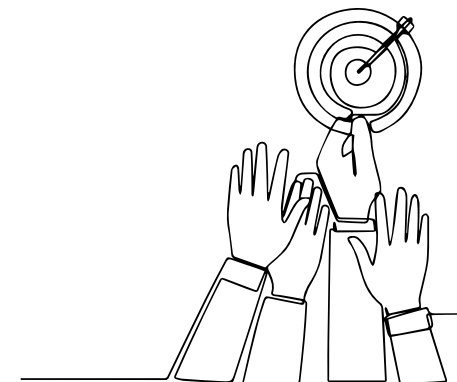
“Man’s Search for Meaning” by Viktor E. Frankl – Explore the idea that finding meaning in life requires alignment with one’s values and inner purpose.

Alignment Exercises:

Vision Board: Create a vision board that represents your goals and aspirations. Visualizing your desires can help align your actions with your dreams.

Values Assessment: Reflect on your core values and ensure that your life choices are in alignment with what truly matters to you.

Goal Setting: Set clear and achievable goals that resonate with your passions and values. Break them down into actionable steps



Reflection Questions on Alignment:

What chains from your past have held you back, and how can you break free from them to align with your true potential?

What does alignment mean to you, and how can it impact your life and future decisions?

In what ways can alignment be compared to the precision of a real Rolex, allowing your life to move smoothly and without interruption?



Unleash Your True Potential

If you're ready to break free from the chains of the past and align your life with your true potential. Together, we'll embark on a journey of self-discovery, empowerment, and lasting transformation.

Remember, you hold the power to create the life you desire. Alignment is the key that unlocks your true potential. As you move forward, embrace this concept and continue to strive for alignment in every aspect of your life.

God can't trust you with a lot if he can't trust you with a little.' This profound truth underscores the importance of trust and responsibility in your personal growth journey.

It has been an incredible journey sharing these modules with you. As you move forward, remember that you have the strength and wisdom to shape your destiny. The journey of personal growth is ongoing, and you are the master of your own story.

We all carry stories, pains, and triumphs within us. Just as I've shared my journey with you, know that your story is equally significant. Your past may hold challenges, but it also holds the potential for growth and transformation. Embrace your uniqueness, align your actions with your values, and trust that your story, like mine, can be a powerful source of inspiration and change. As you move forward, may you find strength, purpose, and the unwavering belief that you can shape your destiny. Thank you for being a part of this program, and may your life be a testament to the remarkable journey of personal growth and alignment



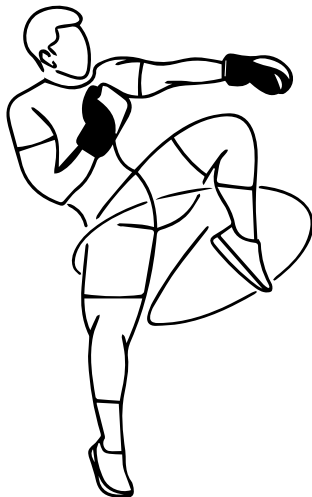
Paperwork Check: Members Only: Rep Your City:

Hey, everyone, get ready because we’re kicking off an exciting challenge called ‘Paperwork Check - Members Only: Rep Your City’! For the next 30 days, we’ve got an action-packed plan that’s all about leveling up in various aspects of our lives.

The \$100 Navy SEAL Challenge

Every Sunday at 6:00 a.m JC will lead us live on social media platforms in a weekly challenge. It’s about pushing ourselves to the limit, building mental and physical strength, and achieving something remarkable.

- » Cold Shower We’re diving into cold showers to boost our resilience and start each day feeling refreshed and ready to conquer our goals.
- » Workout Routine Two to three times a week, we’ll crush it in our workouts. Whether you’re into strength training or cardio, this is your time to shine.
- » Hydration Stay hydrated, but here’s the twist - only water allowed. No caffeine, no sodas. Let’s fuel our bodies with the good stuff
- » Morning Meditation and Prayer: Every morning, spend 20 to 40 minutes meditating and praying. It’s all about starting our day with mental clarity and a sense of purpose.
- » Reading Routine: Challenge yourself to read one entire book, cover to cover. Knowledge is our superpower!
- » Alone Time: Find your solitude. We’re dedicating time to self-reflection and personal growth.
- » Social Media and Phone Detox: Once a week, we’re unplugging from social media and our phones. It’s all about relaxing, recharging, and taking a break from the digital noise.



Sleep Schedule

Here’s the game-changer: Commit to going to bed and waking up at the same time every day. This consistent sleep schedule will supercharge your energy levels, skyrocket your productivity.

24 hr Fast per week

Explore the transformative potential of fasting for enhanced vitality, mental clarity, and overall well-being. Remember to consult with a healthcare professional before starting any fasting regimen

In the grand scheme of things, remember my motto: ‘Live like you’re in prison– your life is on the line.’ This 30-day journey is about pushing boundaries, embracing discipline, and aligning ourselves with our true potential. So, gear up, join ‘Paperwork Check,’ and let’s live like we’re on a mission to make every day count. Your life is truly on the line, and it’s time to make it legendary!”



Wrong
| to |
Strong