



POUNDS

TOXIC PEOPLE

LIFE BARRIERS



Let GO of 20 lbs, 20 Toxic People & 20 Barriers to Your Success!

Three years ago I started a fitness journey to improve my physical stamina. As a speaker, when I stand in front of a crowd I have to give them my best energy. When I finish, I'm exhausted. So I started a fitness journey to give me the strength I needed on stage. I saw pictures of people with ripped abs and healthy physiques, and I wanted the same thing. Vainly, I started going to the gym and working out. After a year I didn't see any results. I changed my workout, still no results.

The problem wasn't the workout.

- My purpose was wrong.
- My goal was short sighted.
- Everything I was doing was wrong!

I needed to workout for a better reason, to change my life. The next year I lost 20 pounds and 6 inches off my body.

What was the difference?

I changed what I was eating because **Garbage in is garbage out**. I got more consistent. I went to the gym at the same time every morning. I began to encourage others.

My attitude changed. My confidence increased, and I began to see the man I wanted to be staring at me in the mirror.

LESSONS LEARNED FROM Let GO of 20 lbs

Ask yourself why you want to lose weight?

Write it down.

Are you eating the right food?

Be honest.

I gave up some foods I loved like Popeyes on Wednesday at lunch. Now I have it occasionally.

I replaced it because the foods I was eating had too much sodium, sugar and ingredients I can't pronounce.

WHAT ELSE DID I DO DIFFERENTLY?

- I began reading nutrition labels.
- I found some colorful food magazines and blogs to get ideas of healthier, GREAT TASTING options.
- I found some experts and began to listen to their tips on fitness and food.



UP NEXT

LET GO OF 20 TOXIC PEOPLE

Are you working hard enough to reach your fitness goal?

Look at the people who look like you want to look. How hard do they workout?

Lessons Learned

- Losing weight is really the RESULT of committing to change.
- The first step in changing your life is your commitment.
- If you don't make a commitment, nothing will change.
- The other thing is, I truly believe that losing weight is not about pounds lost. **It's about learning to take care of yourself.**



TOXIC PEOPLE

Letting GO of 20 toxic people

Toxic people are people who effect you in different ways, but it all has the same impact. The impact is barriers.

They say things that discourage you.

They see you doing well and they decide they're NOT going to help you.

They say negative things about you to other people.

They don't call you back when you need them.

They always seem to have problems and want to talk about their life...not listen to you.

Let GO of toxic people:

Reasons why you MUST let go of Toxic People

1. **They waste your time.**

Whether it's talking about themselves or trying to get you to help them, they will eat up your time.

2. **Emotionally draining.**

They're emotionally draining with their increased levels of life drama and issues.

3. **They speak negative words into your life.**

Negative people can destroy your level of excitement about anything. They say things to hurt you and they make you to feel unworthy.

**Lessons learned about toxic people
STAY AWAY FROM THEM!**



NEXT
Let GO of
Barriers to your SUCCESS

Letting GO of 20 Barriers to Your Success

LET GO OF 20
POUNDS
PEOPLE
BARRIERS

Do you see yourself doing more than you're doing today?

Do you have a dream of doing something amazing to help others?

Steps to getting what you want out of life:

1. Make a commitment.

Just like the section about weight loss. Your ability to commit to something is the first step toward reaching any goal. Lack of commitment is a top reason people don't achieve their goals.

2. Write down what you want to do with your life.

Writing it down forces you to stop and think. It forces you to prioritize what is important. It forces you to decide if what you want is really important to you.

3. GET IN THERE, get OUT there.

If you never explore anything new, you will be trapped in the old. It's important to explore new things. This opens your eyes to new possibilities. If you can't see the possibilities you probably won't take a chance.

4. Understand your strengths and weaknesses well enough to know what is stopping you from finishing what you started.

Is it education ? Is it confidence? What is keeping you from living your dream?

Let GO of 20

Admit it, you need help. I needed help too. The need for help is important, but the next step is key...

What are you going to do to get help achieving your 2019 goals?

If I host an event and bring some of my amazing people to help you, will you commit to attend?

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LET GO OF 20

