

Hey Luke!

If we haven't already been introduced – it's good to meet you! I'm Mike behind MikeDrobish.com

First, I want to thank you for taking time out of your day to subscribe. It really does mean a lot to me.

When you are behind the scenes of a website, you have access to all kinds of analytical tools that show website traffic, add clicks, downloads etc. it's a great feeling when they convert over to someone who I connected with and have the opportunity to help!

Maybe you have some interest in fitness, some questions about nutrition, or you wanted to know what color the first automobile was (green) – maybe you just found yourself relating to the content. Whatever the case is WELCOME and thank you.

It is so important to remember that your mind and body work together as one. Think about your mind as the engine in your car and your body as the transmission. Your car needs both components to function as they should in order to get you smoothly from point A to point B.

When we get into our cars, we expect them to start right up and get us to our destination every time, right? Sure, with some parts missing we may eventually get to where we're trying to go. But more than likely we will break down and end up short of where we COULD HAVE been. Sitting along the road blaming the car for failing us.

It's the cars fault for not getting us there, right?... Wrong – the problem was that you neglected the car to the point where it hardly runs and eventually it completely stops and leaves you stranded.

You never got the oil changed once and have been ignoring that squeak and bang every time you drive over 10 miles an hour. Or maybe you've been putting off getting that check-engine light looked at because you don't have time or you're worried that it's going to be too costly to get fixed.

Well, I'm about to drop something on you here—our bodies and minds have their own kind of check-engine light. If you feel like crap all the time and you don't know why, maybe your feeling irritable for no real reason or you sleep for 10 hours and don't feel rested, maybe you have some aches and pains that just never seem to go away, and you can't get rid of that extra fat around your mid-section, maybe you have to take 3 antacids before bed each night, I'm going to get personal here – maybe you aren't having regular and normal bowl movements, and you feel like you're in a fog constantly forgetting what you walked in the room to get. These are all check-engine lights displayed by your body.

We run ourselves into the ground constantly and we almost always dismiss our check-engine light, or we pass it off as something that is "normal". I can assure you these things are not normal. It's your bodies way of telling you "HEY! WE HAVE A PROBLEM"

Your mind and body require constant maintenance. Please don't neglect them to the point they leave you stranded. Let's start to pay attention to those check-engine lights and together maybe we can find what is making it come on. Anything you ask me or want to talk about will remain confidential, between you and I only. Let's make it happen, 4% at a time!

Please take advantage of the FREE downloads available at MikeDrobish.com you can also schedule a FREE call with me [here](#). I hope genuinely to get to know you better soon.

All the best,

Mike Drobish

4% Habits

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