

# GUIDEBOOK

The **7** Voices  
in Your Head

*21-Day*  
**Challenge**

BILL GUERTIN

# HOW TO USE THIS GUIDEBOOK

**Congratulations! You're starting on a life-changing journey to incorporate the specific elements of the "7 Voices" message into your daily life activities.**

**You'll be receiving a daily brief video from Bill via Email (2-3 minutes each) outlining a specific topic for action and reflection. Use this Guidebook to record your daily thoughts and activities regarding each video message. Be prepared to THINK a little and WRITE a little each day, and be diligent in setting aside a few minutes each day for this important activity!**

**Take control of your daily "Voices" by starting on your 21-Day Challenge and recording your reflections here. Your daily actions WILL make a difference in the quality of your life, because Your Voices are Your Choices!**

**With love and gratitude,  
Bill**













## The Rest of the Program

If you finished the first week, Congratulations! You've taken a massive step toward ridding yourself of the negative Voices that are holding you back from all you can be. Not everyone gets this far, so you're one of those people who gets things done... which is why I'm asking you to take one simple action to continue.

**Simply send me an email RIGHT NOW at [bill@the800poundgorilla.com](mailto:bill@the800poundgorilla.com) with the subject line "I'm Ready!"** I'll send you the remainder of this Guidebook so you can continue your 21-Day Challenge uninterrupted.

Rock On!


## The "7 Voices" Keynote

**"The 7 Voices in Your Head"** is a keynote program that delights, entertains and informs audiences of all kinds about the negative Voices that hold us back from reaching our full potential, as well as simple ways to minimize their negative effects on our lives and move forward positively.

For information on having Bill Guertin speak at YOUR next conference or event, please call (815) 549-9134 or reach out to Bill at [bill@the800poundgorilla.com](mailto:bill@the800poundgorilla.com).



# Thank You



115 Barrington Drive, Suite 800  
Bourbonnais, IL 60914

[bill@the800poundgorilla.com](mailto:bill@the800poundgorilla.com)

(815) 549-9134