

# *The Undeniable Starter Guide*

**So you want to change your life? Let me teach you how.**

*The following are lessons and practices utilized in my own life to go from living in the worst times, to the best. From 300 plus lbs, down to 200 lbs, and from someone I was ashamed of, to someone I could be proud of.*

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## **1. Stop Acting Like You Don't Have the Power**

*Your life can't change off motivation. It only happens off action.*

If you keep waiting for motivation, you'll be waiting forever. Motivation is a *feeling*. Discipline is a *decision*. Stop waiting for the perfect time, the right energy, or for someone to give you permission.

You don't need more hype.

You need systems.

You need the truth.

You need *you*.

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## **2. Start Where You Are. Not Where You Think You Should Be.**

The first step to becoming *undeniable* isn't having it all figured out. It's being real enough to confront yourself about what you should and should not be doing in your life. Your decisions got you here. Better ones will get you out.

That's where the work begins:

- **Not** from shame.
  - **Not** from ego.
  - From honesty.
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### 3. The Undeniable Method: 4 Phases of Real Change

Every person I've worked with goes through this framework:

#### ✓ Phase 1: REBUILD

Strip it all down. See the habits, mindsets, and stories keeping you stuck. Name them. Own them. Let go.

#### ✓ Phase 2: REFRAME

Rewire your mindset. Break out of victim thinking. Learn to separate emotion from your plan. Learn how to actually *respond* to life, not just react to it.

#### ✓ Phase 3: REDEFINE

Start becoming who you say you want to be through action, identity, and new systems. This is where the change gets real.

#### ✓ Phase 4: RISE

Step fully into the new version of you. The version that's focused, free, and undeniable.

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### 4. Here's what you can do right now to start your transformation.

- **Reflect:** What patterns are costing you the most? Be brutally honest.
- **Move:** Do one hard thing today *on purpose*.
- **Affirm:** Say this out loud every day this week:

**"I'm taking the meaningful steps towards the person I'm supposed to be."**

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**If you're ready to stop *talking* about change and start *living* it...**

DM me "**LOCKIN**" and I'll send you the next step toward joining the full Undeniable Method program.

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