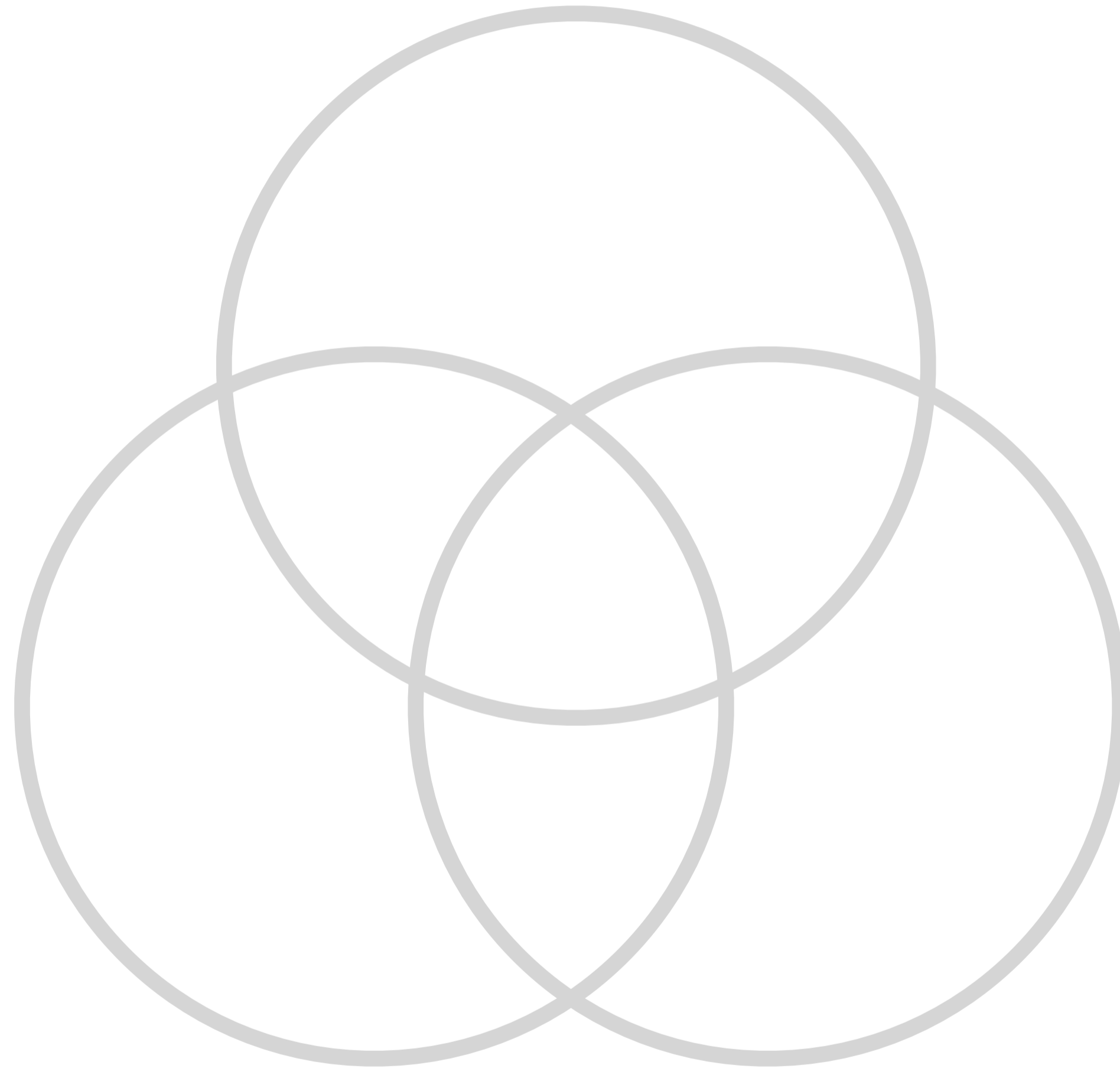
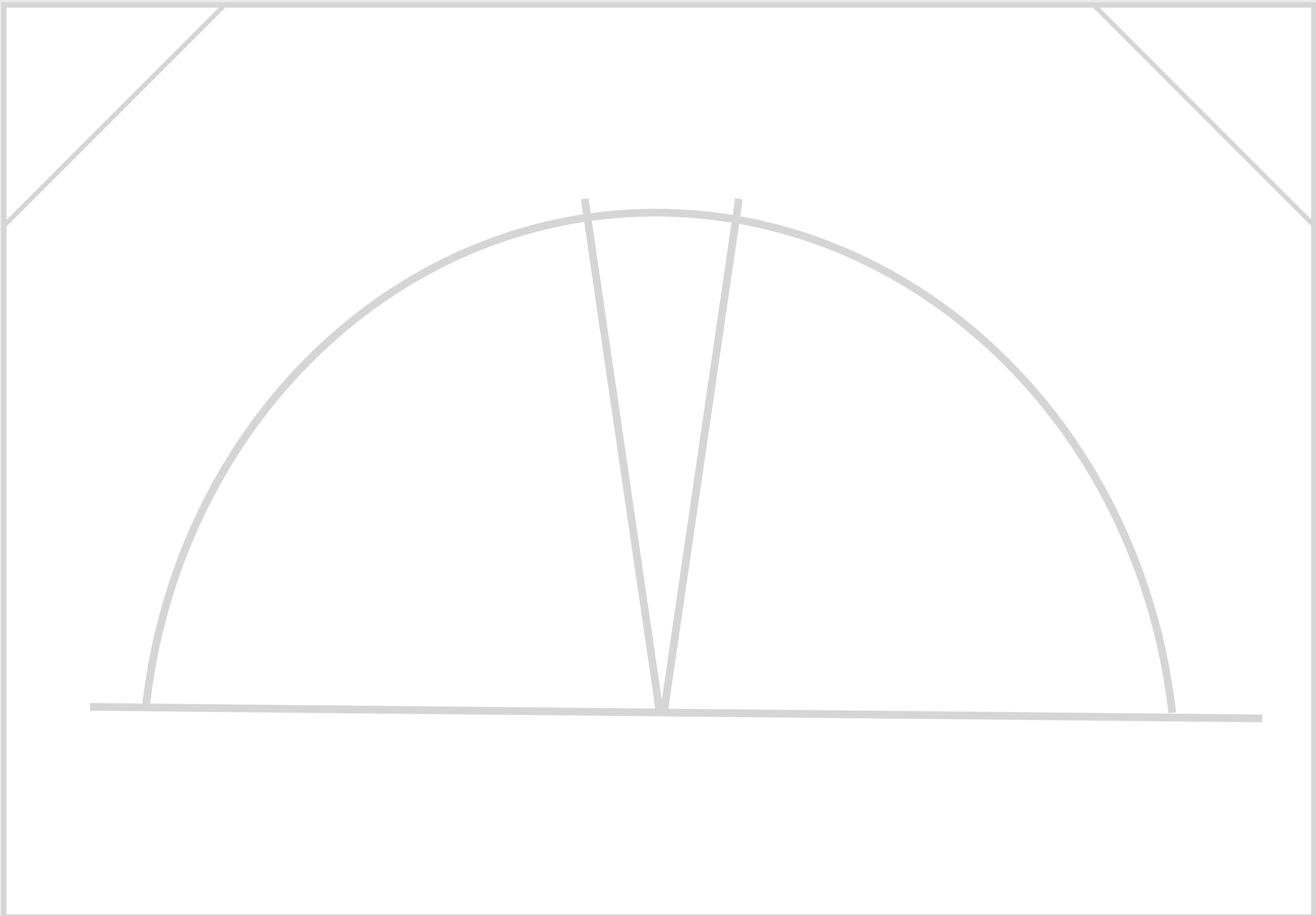


How To Develop
UNBREAKABLE
SELF-DISCIPLINE[®]
WORKBOOK

**OK IS NOT
ENOUGH**[®]



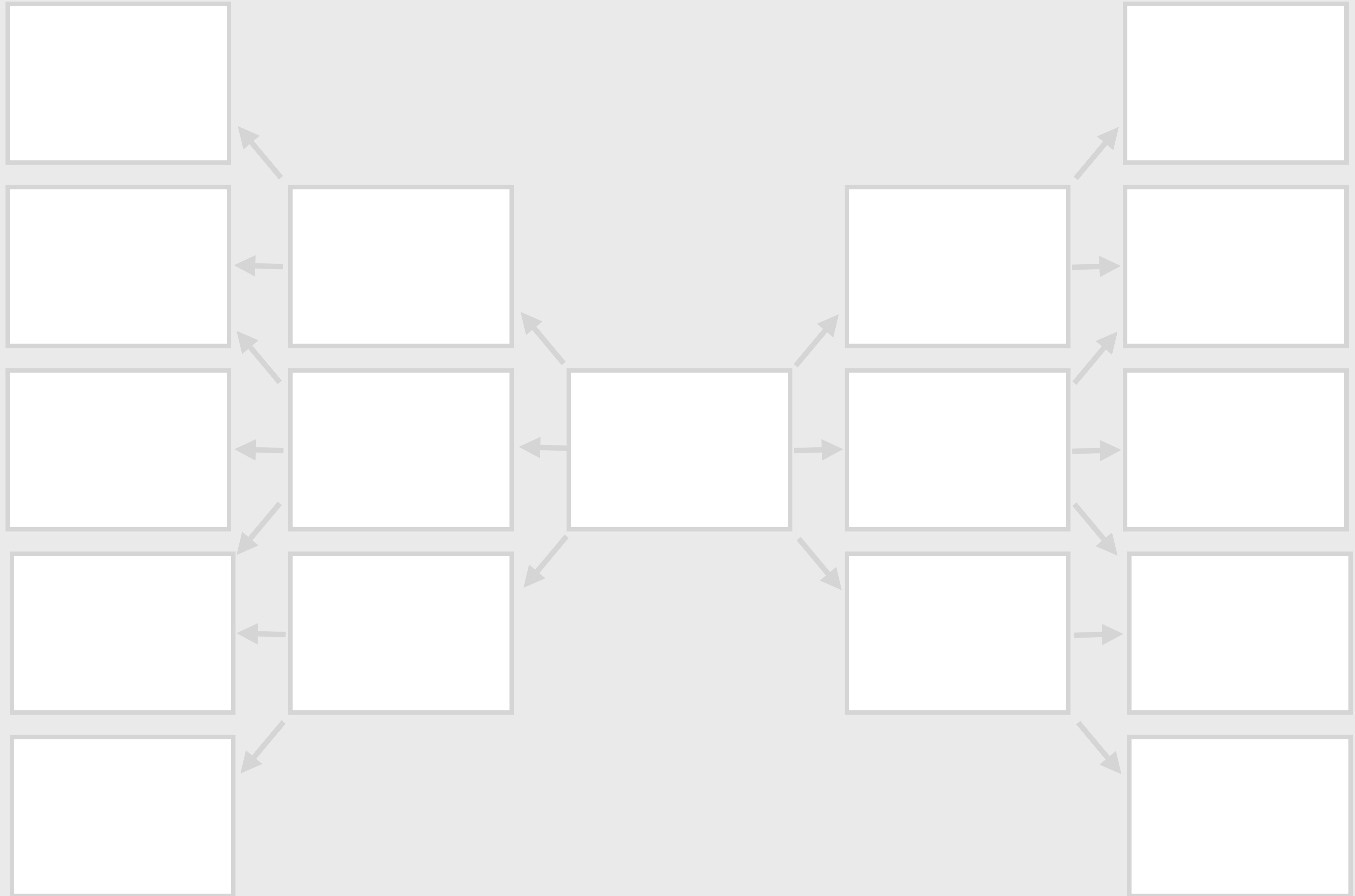




Process

Target

The Impact Pyramid™



Irresistible Goal Formula™

What...
(Goal)

When...
(Date)

Why...
(Reasons)

How...
(Actions)

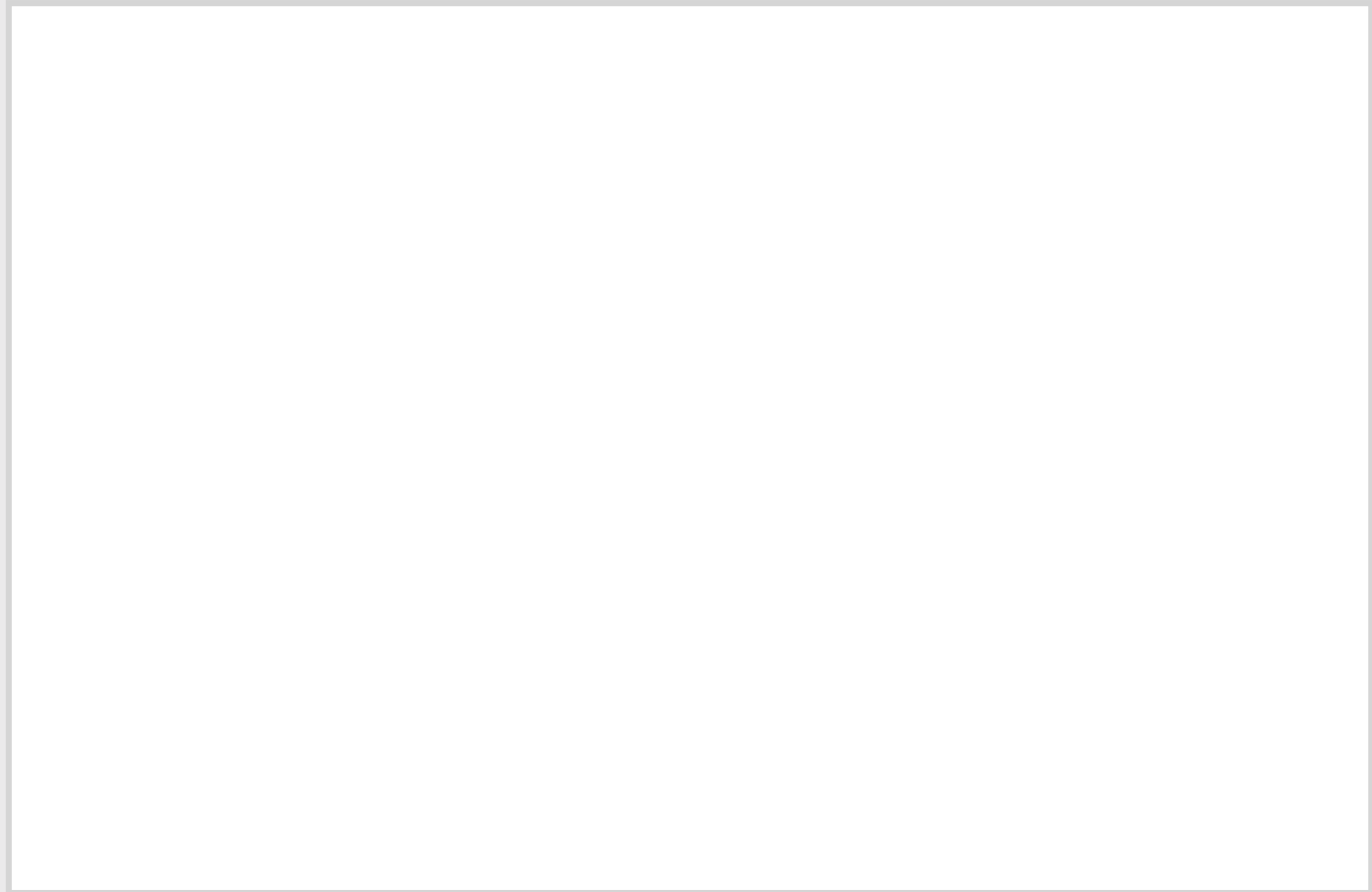
WOW...
(Reward)

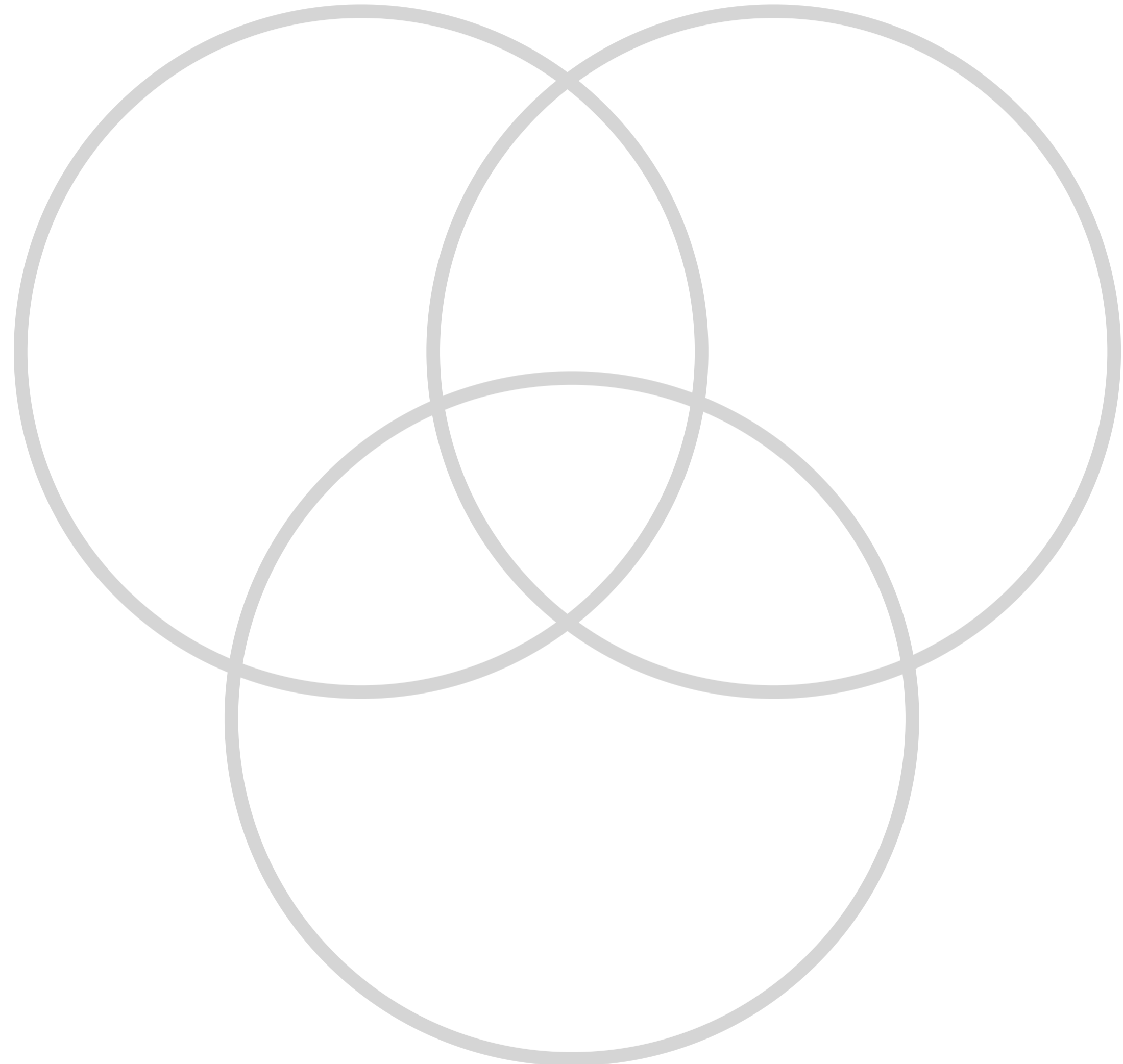
*OK IS NOT
ENOUGH*

Unbreakable Self-Discipline™

The Game Plan MAPR™

Period				
Milestone				
Actions				
Purpose				
Reflection				





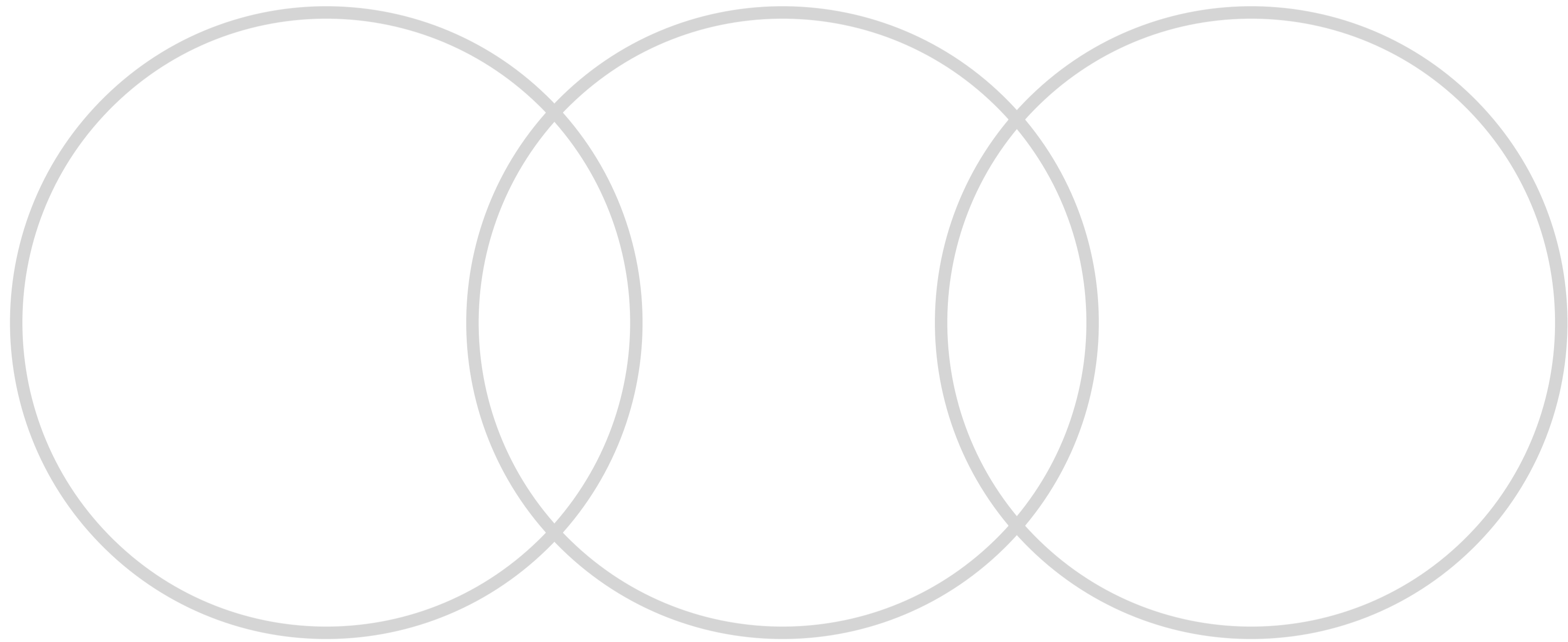
Tasting the Dream



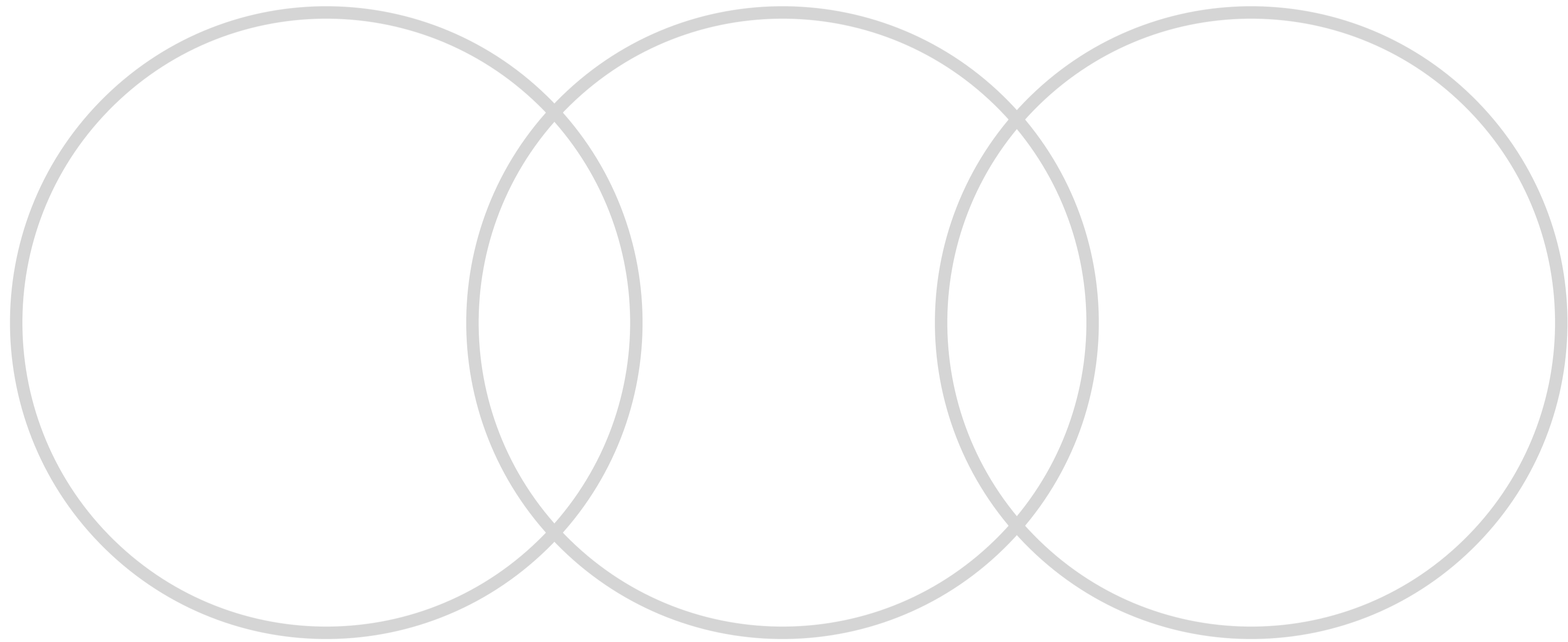
Total Immersion™

--	--

Breaking The Pattern



Breaking The Pattern



First Aid Kit

IF  THIS THEN  THAT

