

JANUARY

It is Time for YOU to SHIFT

2019!



It is time to see yourself on a **MISSION** of guaranteed success and change what you pray for. Understand that what you need most to ensure the WIN is **COMMITMENT** and the ability to overcome the obstacles in your way. **ENERGY** and **FOCUS** – Once you master your mental might, YOU push through anything. You are given the power within to **OVERCOME** every **OBSTACLE** and your are **EMPOWERED** to succeed! -

*Time to build a **STRONG MENTAL FOUNDATION***

Write it down; What are your core values in 2019?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

You'll have the insight to know which values and goals activate your willpower

Breakin' Free2Wellness - #CommandingLife

Alrinn Saboury

AGFitClub.com