

Dynamic Mental Entrainment Module #1

Getting Started & Measuring Your Life

The objective of these skill set enhancements or assignments will allow you to get in the game both mentally and physically by doing each task. These tasks are for you and are designed to give you data needed.

** All info I receive is held in the strictest confidence.*

1. Email Me Your Goals: Let me know what you are working on so I can help in the process.
2. Provide the Action Steps
3. Also provide where your biggest waste of time comes from
4. How you intend to correct it
5. Any questions you may have with the process.
6. Use mindforcesecrets@gmail.com email address