
3 Steps to Get Lean & Defy Your Age NATURALLY

with Steve Prussack

Use this “fill-in-the-blank” sheet during our workshop

To maximize our time together during this training,
print this workbook in advance
& be prepared to use it as we dive in!

3 Ways to Get Massive Value

FROM THIS JUICY MASTERCLASS

- 1 **Print this workbook** and use it on our webinar to stay fully engaged and focused throughout our time together.
- 2 **Think of one question you want answered** while we are live on the training. If I don't answer your question during my training, you can ask it during the Q&A Session.
- 3 **To maximize your time during this training, at the end of the session decide on just ONE action item you plan to complete in the next 24 hours.** Taking action right away will give you instant momentum to start seeing big results.

Age Boss

(NOUN) A person who has

NOTES:

3 Steps to Become an *Age Boss*

1 Wake up to _____.

2 Set Your _____.

3 Follow a _____
_____.

NOTES:

Your Creed:

GETTING OLDER DOESN'T MEAN _____.

AGE IS JUST A _____
_____.

LIFE BEGINS WHEN YOU _____
_____.

GREATNESS COMES FROM _____

_____.

AWARENESS METHODOLOGY

- 1 Look back and _____.
- 2 Identify the _____.

NOTES:

The 4 Successful Habits of an *Age Boss*

1 **Daily** _____.

2 _____ eating.

3 **Daily** _____.

4 _____ practices.

Commit

I will join the _____ !

NOTES:

IN THE NEXT 24 HOURS WHAT IS ONE ACTION ITEM YOU JUST LEARNED THAT YOU ARE COMMITTED TO TAKING TO GET INSTANT MOMENTUM?

ADDITIONAL NOTES AND TIPS YOU DON'T WANT TO FORGET!
