

Unlock your true potential.....

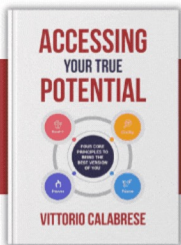


AVAILABLE NOW!

amazon

audible

<https://accessingyourtruepotential.com>

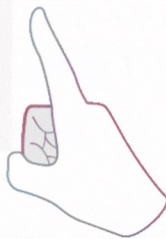


AVAILABLE NOW!

Accessing Your True Potential

BY: VITTORIO CALABRESE

ABOUT THE AUTHOR



VITTORIO "VICTOR" CALABRESE

*"I dedicate this book to my kids Alex, Thomas, Alyssa, Francesco & Valentino. May this book help you learn what took me a lifetime in way less time. If I only knew then what I know now...
Love Dad"*



Have you ever felt a gnawing sensation that you are meant to be doing something else? Something more meaningful and in alignment with your interests? You may be doing alright in life, but feel restless, constantly feeling that your life's trajectory is off in some way. Does this sound like you?



In this session, you will learn how to
UNLEASH YOUR TRUE POTENTIAL



What are your daily struggles in life?



Overcoming the initial struggle and hesitation is the hardest part of doing anything new in life. Once you finally start, you must keep working at it. Overcoming the initial struggle is only the beginning. As you develop new positive habits around the goal you have set for yourself it will get easier



You need to understand that being successful is a daily struggle, and you have to embrace this fact and get into the mentality of working through the pain, to get the results you want.



There is NEVER an END



Always keep in mind that there is never an end, don't be your worst enemy by becoming complacent, you need to direct your attention to getting a list of your next goals. Always be dreaming, planning and giving each goal the energy it deserves!

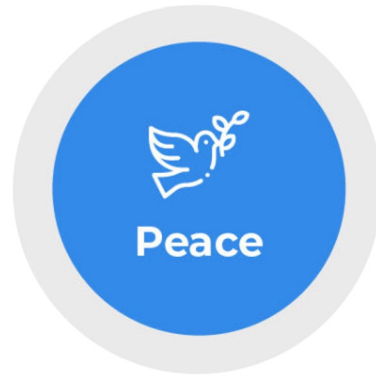


What is your
TRUE POTENTIAL?



4 Core Principles

To Unleash Your True Potential



Unlocking these **4 core principles** will help you access your true potential



In order to get the wheels spinning they need the support of the 6 pillars.



The 6 Pillars supporting each wheel





Health



Nutrition

- Reduce sugar
- Supplements
- Increase organics
- Understand macros
- Eliminate poisons from your diet



Fitness

- Get moving
- Track your activity
- Set a health goals
- Get an exercise routine
- Reduce sedentary lifestyle



Clarity



Effective Routines

- Sleep needs
- Bedtime routine
- Wake up routine
- Making daily routine
- Goal setting M-Y-3Y-5Y
- Life goals
- Bucket list



Peace



Relationships/ Family

- Partner
- Dependents
- Issue resolution
- Negative peoples
- Home/work life



Spiritual Health /Mental

- Journaling
- Vision boards
- Meditation/prayer/yoga
- Positive/negative moods



Continuous Learning

- Social media
- Other people
- Internet\news\TV
- Books\reading\audio
- Current education level

How do you start?

What now?



Start NOW

1. The 80% rule - How can you use this rule to improve your odds of success?
2. Start slow and add as you gain momentum - What will you do first and at what point will you start adding more?
3. Failure is not bad, it is the universe's way of redirecting your attention or teaching you something you needed to learn. What was a failure that made you a better person?



Make time for what's necessary



Start slow and be steady

Enjoy the process; don't get hung up on temporary failures or victories

Group Discussion



Let's get into groups of 3, work together to discuss your findings and highlight a few items to share with the entire group.

NOW AVAILABLE

Get a copy now!

amazon

audible
an amazon company

ACCESSING YOUR TRUE POTENTIAL



VITTORIO CALABRESE

<https://accessingyourtruepotential.com>

Connect with the Author

Vittorio Calabrese



@vcalabrese



@vxcalabrese



@vxcalabrese



@vkas
e