

7-MINUTE
VICTORY
JOURNAL

HABIT-MAKER™
Accountability System

7-Minute Victory™ Journal

Part of The
HABIT-MAKER™
Accountability System

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CONGRATULATIONS...AND WELCOME!

Congratulations on getting your hands on one of the most powerful transformation tools ever created. If you think that's hyperbole, do a quick internet search for "benefits of journaling".

You'll be blown away.

But this isn't just any journal. This one is special.

It's specifically designed to FOCUS your subconscious and conscious mind – like a laser – on achieving your health and fitness goals...

...by creating HABITS.

Because...

You Are What You Repeatedly Do

You are your habits.

They control you, determining the flight path of your life.

Before I show you how to use this Journal, I'd like to quickly share our story so you get to know us a little better. And we definitely encourage you to share your story with us as you move forward.

About Get You In Shape

As a former professional basketball player, Brad utilized the knowledge attained from a Master's degree in Health, Kinesiology, and Sport Studies, to optimize his performance.

With an extensive background in fitness and nutrition, he naturally wanted to share this knowledge with others as he entered into the health and fitness field. Since 1998, Brad has been able to help thousands of participants and clients. Brad has created and produced the Get You In Shape DVD, been a Best Selling Author and has been featured as the fitness expert on television and in newspaper articles.

Brad has pioneered a high intensity group personal training program (fitness boot

camp) called the Get You In Shape fitness program that has received rave reviews. In 2020, after 20+ years of helping people in-person, Get You In Shape launched their virtual fitness program. Get You In Shape was featured in The Obama Diaries, by Laura Ingraham. Get You In Shape was also featured on The Doctor's TV show with Julian Micheal's as being one of the Top Fitness Companies in Texas.



Picture of the **Get You In Shape Team**

Each month, the Get You In Shape program gives their clients a plan to follow and helps hold them accountable to that plan. The main focus is to create a positive environment which will create the motivation, encouragement and inspiration that will help create healthy habits long-term. Brad also conducts fitness and nutrition seminars, lunch and learns, onsite corporate fitness programs, and different Challenges throughout the year.

Brad has been blessed with gifts to help people look, feel and perform better on a daily basis and his passion is to help as many people as he can. One of the main core values that Get You In Shape is to use those gifts to help give back. . To date, Get You In Shape has been able to raise over \$200,000 through events that has gone directly to local charities.

It's about helping people change their choices, which lead to new habits and lead to a new lifestyle. Get You In Shape is more than a fitness program but a LIFE-style.

Success Stories to Inspire You

Get You In Shape has a track record of helping over thousands of clients look, feel and perform better since starting in 2006. We have over 670 video Success Stories on our YouTube Playlist and hundreds of before and after pictures that make Get You in Shape a PROVEN program.



I've lost around **30 lbs and 28 inches overall**. I fit in all my old clothes and am buying smaller sizes than I have in years. I'm actually back in regular sizes at the store. **No more plus sizes!!**

I have never been a person who would say they enjoy working out. I've tried health clubs, personal trainers, and specialty fitness places but never stuck with a workout program. But I'm totally "Sold" on Get You In Shape. I look forward to working out and can't believe the results.

Carol Jackson, Coppell, TX

Joining Get You In Shape is one the **BEST** decision I've made in my life. I was going on 3 years of less than 5 hours of sleep each night, no motivation to move and had lost hope. **I've lost 90 lbs**. I have dropped from a 2X to a size 6/8 or a medium.

I can bend over easily now without effort, but before just tying my shoe was a challenge. I can sit with my legs crossed now and be comfortable. I can go up two flights of stairs at work without hyperventilating!

Rhonda Shaw, Coppell, TX



9 Ways This 7-Minute Victory Journal Transforms Your Body & Life

1. **What you watch and measure improves.** It's an absolute fact. You can't help but get better at things you keep top of mind.
2. Those who fail to plan, plan to fail. Your 7-Minute Victory Journal is a **planning and assessment tool**. In the morning you plan your day. In the evening you assess how it went.
3. The path to success – in anything – is always paved with consistent action. **Consistency** is your greatest ally.
4. Journaling **reaffirms your abilities and commitment** when the ugly head of self-doubt appears.
5. Common themes begin to appear. These are **your core values**. They guide you through life's most trying times and lead you to life's greatest victories.
6. Journaling **strengthens your self-discipline**. And discipline begets discipline. Like your muscles, the more you exercise your self-discipline, the stronger it becomes. Self-discipline is the building block of supportive habits.
7. **You will get smarter.** There is a unique relationship between your hand and brain, sparked by the composition of thoughts and ideas. Writing daily, even small amounts, boosts your memory and comprehension, and improves your communication skills.
8. **Emotional intelligence** – the ability to perceive and manage your emotions – is said to be the true indicator of IQ. Journaling allows you to process emotions, increase self-awareness and become more empathetic, which is the secret to powerful, rewarding relationships.
9. **Systematic goal achievement.** Most people write goals once a year and set them aside. And that's why they rarely achieve them. The 7-Minute Victory Journal is a SYSTEM. The process of planning your day, every day, signals to your brain "this is important." Your reticular activating system then goes to work helping you manifest your daily plan. You can really go deep into this topic, and if you do, you'll discover hundreds of peer reviewed articles proving how powerful this daily process (system) is. It absolutely works. **The secret to making it work is your commitment to consistency: using it every day.**

Welcome to your new, best life.

Here's why we can confidently say that, and you can confidently believe it...

Stacking daily victories creates powerfully positive habits. Those habits make your life better in so many wonderful ways.

The objective of this journal is to document your daily victories. The act of documentation is critically important because it reinforces your positive behavior. It "trains" you to be better.

Feelings are fleeting. What you write in this journal is forever. The act of writing etches the memory in your mind and on paper.

And that feeds the fire of change. It preserves your passion. Because it's an inescapable reminder of the victories you've earned. It's a record of your accomplishments that gets stronger – making your willpower stronger – every day.

What you now hold in your hands – this simple 7-minute daily journal – is THE most powerful system and tool for improving your life you will ever find.

And it couldn't be easier. It takes just 7-minutes a day. Four minutes in the morning, and three minutes in the evening.

Journaling like this "fills your cup" daily with self-belief and self-confidence. **It's the way to win at life.** This is the proven path to accomplishing your goals...to having your best body, and the peace of mind and happiness you want and deserve.

We're so glad you're here! Now let's get started...

How To Use Your 7-Minute Victory Journal

NOTE: Print at least one week's worth of pages to get you started.

Here you see a sample daily entry. Each day consists of two pages: AM and PM.

AM Page

- ✓ **Date:** Write today's date.
- ✓ **Gratitude:** Write 3 things you're grateful for today. This puts you in the right mindset.
- ✓ **Meals:** Plan your 3 meals.
- ✓ **Snacks:** Plan 2 snacks. Writing these in advance focuses your mind on supportive nutrition and makes it 10x more likely you'll stick to the plan.
- ✓ **Move:** Movement is medicine. Plan how you will move today. The space to the right is to indicate if you stuck to your plan (complete this during the PM session).
- ✓ **Plan to have a great day:** Write two things that will make your day awesome.

PM Page

- ✓ **Fuel Your Soul:** Don't just nourish your body, also nourish your mind and soul with uplifting information or introspective writing.
- ✓ **Victories:** How did you win today?
- ✓ **Improvement:** Nobody is perfect. Be honest about how you could have made the day better.
- ✓ **Tomorrow:** Lay the groundwork for a great day tomorrow.
- ✓ **Notes:** Write anything of importance you want to remember.

PRINT AT LEAST ONE WEEK'S WORTH OF THE FOLLOWING TWO PAGES:

AM

DATE 7/2/2017

"Gratitude is not only the greatest of virtues, but the parent of all others."
- Cicero

Today I am grateful for...

- My loving family
- This great cup of coffee
- Beginning a new, exciting journey of journaling

My meals for today are...

- Smoothie and blueberry protein shake
- Salad with chicken and balsamic vinaigrette
- Roasted chicken with brown rice and broccoli

My snacks for today are...

- Lowfat Greek yogurt and fresh strawberries
- Almonds and an apple

How I will move today...

- Workout session scheduled at 6 AM/PM AM/PM
- Walk, jog, bike or swim for 30 mins at _____ AM/PM _____
- Household chores for 30 mins at _____ AM/PM _____
- Other: _____ for 30 mins at _____ AM/PM _____

What will make today a great day?

Being true to myself

Dinner with my family

PM

Today I fueled my soul by...

- Reading _____
- Listening to TED talk: what it takes to be a great leader
- Writing _____

Victories I earned today...

- Got Jessie to dress herself this morning
- Ate clean all day - stuck to the plan
- Had my best workout yet - felt strong

How could I have made today better?

Shouldn't have allowed Ben to upset me at work.

Wake up 15 mins earlier for "me time"

I will wake up tomorrow feeling...

Clear headed and confident, happy and grateful

Notes:

John is struggling to complete his portion of our project. Stay calm and gently push back when he tries to unload work on me.

AM

DATE ____/____/20____

*“Gratitude is not only the greatest of virtues, but the parent of all others.”
- Cicero*

Today I am grateful for...

1. _____
2. _____
3. _____

My meals for today are...

1. _____
2. _____
3. _____

My snacks for today are...

1. _____
2. _____

How I will move today...

1. Workout session scheduled at _____AM/PM _____
2. Walk, jog, bike or swim for 30 mins at _____AM/PM _____
3. Household chores for 30 mins at _____AM/PM _____
4. Other: _____ for 30 mins at _____AM/PM _____

What will make today a great day?

PM

Today I fueled my soul by...

1. Reading _____
2. Listening to _____
3. Writing _____

Victories I earned today...

1. _____
2. _____
3. _____

How could I have made today better?

I will wake up tomorrow feeling...

Notes:

Ready To Get Started With Get You In Shape?

Save \$99 Off our #1 Program Our 6-Week Transformation Challenge

- ✓ Unlimited Group Personal Training at Coppell's #1 Program since 2007
- ✓ 6-week Virtual At-Home Fitness Sessions
- ✓ 6-Week Nutrition Plan (super simple with meals plans and recipes)
- ✓ Accountability Coach - A personal coach to help you stay motivated and on track
- ✓ Daily Coaching – You'll get our World-Class coaching app that sends you motivational and educational messages each day.
- ✓ Support - Get support from like-minded people your own age through our online FB Membership group

Get started with \$99 off or our Total Transformation Challenge Program.

How Do I Get Started?

Just text "\$99 off" to 214-603-8287

Or call 214-603-8287 and mention the \$99 off Certificate.

We will schedule a quick discovery call to go over your goals, go over how we help our clients and make sure it's a good fit before moving forward.