# MASTER YOUR

MAXIMIZE YOUR ENERGY AND IMPROVE YOUR LIFE IN 21 DAYS!

THE WORKBOOK

This workbook belongs to:

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Week One, Day One – The Mental Diet

Day one Quote

"Today I will be Masterful and if any event, person or my own Ego, Emotions or Frustrations try and stop me. I will pause, take a breath and re-center myself and be Masterful from that point on."

xample: I practiced the driving meditation technique on my
ay to work.
felt more relaxed, focused and productive because of that.

Week One, Day Two – The Mental Diet

Day Two Quote

"Where the Mind goes, Energy Flows"

Example: I had a worker at the store be rude and condescending to me
today. I took a breath and released my anger and was proud I chose
not to let the situation control me. I can't control what happens BUT
I CAN control how I respond to it.

Week One, Day Three – The Mental Diet

Day Three Quote

"Fake it, till you make it"


Week One, Day Four – The Mental Diet

Day Four Quote

"The Way you treat yourself sets the standard for how others should treat you. Respect yourself."


Week One, Day Five – The Mental Diet

Day Five Quote

"Discipline is the bridge between goals and accomplishment."

-Jim Rohn

Week One, Day Six – The Mental Diet

Day Six Quote

"What kind of person would you be if you knew you could not fail?"

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### CONGRATULATIONS YOU'VE COMPLETED WEEK ONE!

Week One, Day Seven – The Mental Diet

Day Seven Quote

"What you get by achieving your goals is nothing compared to what you become by achieving you goals. It is a Journey not a destination"


Week Two, Day One – Nutritional Awareness

Day One Quote

"Nothing is impossible the very word is I'm-possible"

Date	Time	Food	Servings	Calories	H20
3/22	7:00AM	Eggs	2	200	1
3/22	7:00AM	Toast	2	150	
3/22	7:00AM 7:00AM	Orange Juice (6 oz)	1	40	

Week Two, Day Two – Nutritional Awareness

Day Two Quote

"Take care of your body, it's the only place you have to live."

### -Jim Rohn

Date	Time	Food	Servings	Calories	H20

Week Two, Day Three – Nutritional Awareness

Day Three Quote

"The greatest wealth is health"

-Virgil

Date	Time	Food	Servings	Calories	H20

Week Two, Day Four – Nutritional Awareness

Day Four Quote

"It's not about being the best. It's about being better than you were yesterday" - Unknown

Date	Time	Food	Servings	Calories	H20

Week Two, Day Five – Nutritional Awareness

Day Five Quote

"Healthy citizens are the greatest asset a country can have."

- Winston Churchill

Date	Time	Food	Servings	Calories	H20

Week Two, Day Six – Nutritional Awareness

Day Six Quote

"If you want to find the secrets of the Universe think in terms of energy"
-Nikola Tesla

Date	Time	Food	Servings	Calories	H20

Week Two, Day Seven – Nutritional Awareness

Day Seven Quote

"There are 86,400 seconds in a day. How have you used yours?"

Date	Time	Food	Servings	Calories	H20

### Week Three-Physical Training

"Everything is ENERGY. Your thoughts begin it, your attitude amplifies it and your actions increases its momentum"

Date	Exercise	Time Start	Time Finish	Reps
3/22	Fantastic Four	6:45 am	7:00 am	2
3/23	30 minute walk	8:00 PM	8:45	1

Week Three-Physical Training

"Everything is ENERGY. Your thoughts begin it, your attitude amplifies it and your actions increases its momentum"

Exercise	Time Start	Time Finish	Reps
	Exercise	Exercise Time Start	Exercise Time Start Time Finish

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