

Hi guys and welcome to the preparation phase. While this particular section is not the longest section of all of these units put together, it is one of the most important sections as far as I'm concerned. In this section we talk about discovering your Big Why, so to speak. The reason if you will, that you want to be healthy, that you want to be happy and I know that it seems like it would go without saying, I want to be healthy just for the sake of being healthy, I want to be happy for the sake of being happy. But the reality is that a lot of times we need to remember the Big Why or the big reason why we're going on this journey because invariably the going is going to get tough. There are going to be obstacles, there are going to be challenges.

There's going to be days where it's just easier to do it tomorrow instead of today and the reality is, this is something that we need to really commit to and focus on every single day going forward. So, that Big Why is very, very important. I know that my Big Why is, besides the fact that, of course I want to live on this planet and be the most productive person that I can and help other people discover their health and their happiness and do my part to contribute to society and all that. One of the biggest reasons that I want to keep myself healthy, is that I don't want anybody to be... I don't want to be dependent on anybody else, sorry. I don't want to be dependent on my wife or my children. I want to be healthy so that yes, I can have an impact on this planet and do what I can for this planet.

And I think that we all want to live like that, or at least a lot of the people that I work with, my clients say that. They want to have a big impact on this planet, but really, ultimately too, I don't want to be dependent on anyone at all. I want to be self sufficient and that's a very important piece to my puzzle. So, that's what motivates me and we're going to discuss everybody's Big Why. You're going to have an opportunity to sit and think about what motivates you. I have some ideas about how to remind you of that throughout your work week to keep this ever present in your mind because again, like I said, the going will get tough, but I promise you that just a few tips and tricks, the tough will get going and we'll power through those days and we'll get through those moments and we're going to do it together.

Also in this section we're going to talk about preparing your home and your work environment. Basically cleaning out the pantries, cleaning out the cupboards and helping ensure your success. The other thing that we're going to do is discuss what it takes to force success and that is preparing your village, your main support people, your family, your friends, your coworkers, your colleagues, what to tell them, how to navigate in social outings and social events and we'll be definitely discussing those pieces. And then lastly, really, like I said, returning to that Big Why, focusing on that in a way to apply that through each one of these sections, so enjoy the section. Really dig deep in this one, the more time that you put into this section, I promise you will pay off in dividends for years to come. Take care and have fun. Bye, bye.