

Day 2: value based email

Purpose: Deliver value

SL: The 1 & Only Tool You Need To Beat Aging

Hey first name,

Apologies, I'm about to get real with you for a moment.

And if you're not prepared for brutal honesty, then I suggest you close this email.

Yesterday, I shared Jillian's story with you. Remember?

She went from a 350 pounds overweight woman, with no confidence and an all time low self esteem,

To the most youthful and energetic lady I'd ever seen, within 12 months of committed efforts.

But I have to tell you this (first name)....

The temptation to keep questioning & doubting your abilities and knowledge will always be there.

Your doubts will never go away.

However, here's what I discovered.

The 1 & only tool that'll help you push through the doubts.

This tool is incredibly simple to implement, and it changes how people perceive you.

So what's this tool?

It's called the "**SELF AWARENESS MASTERY**"

Before you call it bluff, give me a few seconds let's Explore new perspectives together.

I bet you never knew that **self awareness** is the back bone behind all incredible body and mind transformations you've ever seen.

It holds all other components like dieting, exercise and so on... together.

And without it, you'll end up relying on motivation rather than building better habits and routines for a brand new life.

However if you're still in doubts about this,

[HERE'S a VIDEO of SELF AWARENESS MASTERY](#)

It explains the A to Z of self awareness, & how you can harness its powers, to build systems that'll enable you hit your milestones seamlessly.

This is the closest tool to my heart.

And if I'll have to start all over again, it will be the only tool I'd focus on.

You owe it to yourself to take a look.

Have a great day, and we'll talk soon.

Regards,

Celine Johnson