

SL: You'll lose weight after mastering this...

*Preview text: Discover the key to becoming the lean person you've always dreamt of.*

Hey (recipient's name),

I want to share a powerful insight with you – one that can make all the difference in your weight loss journey.

It might sound too good to be true, but hear me out...

When you think about working out, what comes to mind?

"One more video?", "One last game?", "I'll do it tomorrow?"

These definitely sound familiar don't they?

Now let me ask you this,

Who comes up with these excuses?

YOU, obviously.

But to be more specific,

It's YOUR MIND!!!

Your mind is the one that's holding you back.

But the good news is...

You can have total control over it.

And once you master your mind,

Your ability to lose weight will significantly increase.

Here's what you need to do to kickstart the process:

1. Grab a piece of paper
2. Get a writing utensil
3. Write down your tasks for tomorrow

4. And commit to completing those tasks

This might seem simple, but it's a highly effective blueprint for mastering your mind.

I'd suggest starting small. Because small wins lead to big victories.

On Wednesday, I'll dive deeper into why this blueprint is so optimal for your weightloss journey

See you soon,

Matt

P.S. Use this blueprint starting tomorrow. It will lay the foundation for what we'll discuss on Wednesday.