

Avatar: Nick, 19 years old, 5'10, has dark hair with a fringe, and a big nose, since being left heartbroken by his ex-girlfriend, unfortunately he got sucked into many bad habits in an attempt to escape the depression that now consumed his life. He began to hang around with the wrong people, who would encourage him to do drugs and drink on the weekends. Nick is a bricklayer and hates it, everyday he wakes up feeling depressed and lonely, he thinks about his ex every day but masks his sadness so he doesn't seem weak. After a long hard day at work, Nick is left exhausted, he has no energy to work on any side hustle and ends up going to drink with his mates, if he doesn't make a change, then this cycle will continue for the rest of his life and he will never achieve success or true happiness.

Dream state: Nick wants to forget about his ex and stop wasting all his free time on bad habits that stop him from progressing in life and keep him depressed. He wants to focus on himself any build a physique that he can be proud of as well as a strong mindset that will set him up for success.

Roadblock: Nick's "friends" are the major roadblock in his situation. He thinks they are his friends but in reality, they don't actually care about what is best for him, they don't want to see him succeed, all they want is for him to throw his life away with them so they can have "fun"

Solution: the solution would be for Nick to cut off all his "friends" and focus on himself and his goals. By going all in with his gym training and spending his free time learning a skill that will give him the financial freedom he desires.

Product: A subscription service that offers training and meal plans, as well as life coaching. This service will help Nick get in the best shape of his life and achieve the success he desires. It won't be long before Nick falls in love with his life and will no longer care about his ex and his depression.

Email 1:

SL - The Key Principles to Building Muscle

Nick,

As promised, I've attached my free eBook

(link)

I'm an expert personal trainer with a proven track record of helping people achieve the shredded physique of their dreams.

This eBook is the ultimate guide that will share with you the fundamental muscle-building principles.

By following these principles, I transformed my slender physique into that of a professional athlete.

Give it a read and apply the techniques to your training.

Within days you will feel the soreness of torn muscle fibers and experience a sense of accomplishment for making progress in your life.

Keep an eye on your inbox over the following days, as I'm going to share with you how my life was on the brink of collapse from a devastating tragedy.

Talk soon,

Luke.

Email 2:

SL - How heartbreak left my life on the brink of collapse.

Nick,

There was a point in my life when I too was left heartbroken.

It was during my first ever serious relationship, my ex-girlfriend had been dating for about 11 months and I thought she was the love of my life.

However, we began to argue on a regular basis, which led to us sadly calling it quits.

At first, I wasn't fazed, but as the days went by I began to feel lonely and depressed.

I thought we had made a huge mistake, so I tried reasoning with her and telling her why we should get back together.

But it was useless; she had no interest in getting back with me and I was utterly devastated.

My heart was shattered into a million pieces, all I could think about was how the girl that I once loved, would one day belong to another man.

I deeply understand the feeling of loneliness you're going through, I was unable to stop thinking about her and all the great memories we had together.

There was a point where I felt like I had nothing to live for and considered throwing my life away, But I decided to hold out.

Luckily I came across some life-changing advice from a self-made millionaire that completely changed my outlook on life and guided me down the path to success.

I began to hit the gym every day and started to focus on myself and my goal of becoming financially free and living a luxurious lifestyle.

Now I realized that breaking up with my ex was the best thing to have ever happened to me.

If you want to learn the Key principles that completely changed the course of my life and set me up for success.

Then click here to adopt the “millionaire mindset”