

Hey Kevin,

I need to get this off my chest and say that...

It is okay to feel stressed and sad sometimes

But it is **not okay** to sit and dwell on these dark times, holding you back from living the life you dream of.

It is time to take back control of your mind, develop radiating confidence and mental resilience to create something tangible out of your dreams

Self-reflection is one hack I used to get feedback on what I need to get better at, to achieve my goals

I ask myself every night -

- Was I productive today?
- Is there anything I can improve on?
- What am I not proud of that I can fix?
- How can I improve to make tomorrow better?

I go deeper, wider, and more intimate than ever before about self-reflection among other tips within the pages of my book *coming out this **December***

From hidden fitness tips and tricks to health hacks, pivotal life lessons about confidence and resilience, what you can do to be the best version of yourself

I look forward to seeing a wider smile on your face, Kevin

Talk soon!

Zac

PRE-ORDER MY BOOK COMING OUT DECEMBER!