

My re-written version of the email

Subject Line: tried everything but still overeat?

Does this sound like you?

Tried out dozens of diets that never work

Constantly feel stressed out struggling to balance your life when it comes to exercise and food

Chronically checking your stomach everytime you pass by your reflection

At one point, I had a client who felt exactly the same as you.

Dani always had issues with how she felt about her body.

She could never seem to balance her life when it came to eating and exercising

And it only got worse progressively

Just like you may have tried, she also fell into the trap a lot of people get stuck into of fad diets that are ineffective and only present short term results

Losing weight only to gain back MORE weight than before.

It felt like no matter what she did, it was hopeless.

And you might have felt that same way countless times trying to lose weight.

With a thread of light glimmering, Dani decided to make one last try in an attempt to lose weight.

Signing up to my [Free Goal Setting Workshop](#).

During this process, I uncovered the secret mindset shift required to make eating and movement enjoyable.

The same goal-setting session that I do with my Vitality Script Clients. Because the truth is, no diet or program ever works UNLESS you understand the hack to unlocking long-lasting motivation.

This is the reason why most people are never able to stay consistent,

It's like putting a band-aid on a deep gash. The band-aid might hold for a little while, but eventually, it's going to fall off and the gash is going to start bleeding again.

It's only until you begin to focus on the key component to weight loss as part of the Vitality Script Program, that you will finally be able to overcome overeating and your weight loss problem.

This single simple plan is how anyone (including you) can begin to see massive results.

Which is exactly what happened.

Not only did Dani start dropping pounds like crazy, but more importantly, for once she was able to maintain her weight loss without having to starve herself or burden her body with vigorous exercise

With more mental and physical energy than ever before in years, after multiple failed attempts, she finally got it, and for the longest time felt like she had *Vitality*

Instead of walking past her reflection and pinching at her excess body fat, for once she glanced and felt a sense of joy and pride in how she looked, feeling comfort in her own skin.

No longer did she hold self-hate, shame and insecurity for how she looked

Was it easy?

Nope.

But was it worth it?

Absolutely.

Dani was able to destroy her negative thinking patterns and lose her goal of 10lbs!

It doesn't end there though.

She also learnt the tools needed to keep on track, even when the going gets rough in life.

So let me ask you a question.

What makes you any different from Dani?

Because If you are struggling with your weight and are losing hope, just know, she was once their too and find a way

If one man can, another man can.

If Dani can do it, why not you?

It's never too late to make a change in your life.

If you are struggling with your weight, don't give up hope.

There is always a way.

I sat down with Dani for an interview to talk through her experience in the Vitality Script Program.

INTERVIEW (can't show)

Take action now.

Your past self will thank your future self.

Talk soon,

Dalton

Original email (the one above I rewrote)

Subject Line: How to stop constant hunger

Dani always struggled with how she felt about her body.

She struggled to find balance in her life when it came to exercise and food. As time went on, it became worse.

She tried dozens of diets, they never seemed to work for her. She would lose some weight, but then regained it back... plus some more.

Dani was starting to feel really down about herself.

She was losing hope that she'd achieve her weight loss goal. But then she signed up for my Free Goal Setting Workshop.

During this session, I revealed that half the work was in learning the mindset required that makes eating and movement easy. This was the exact same goal-setting session that I do with my Vitality Script Clients. Because if you don't learn how to hack your motivation from the start, the diet or program won't work long term.

It's like putting a band-aid on a deep gash. The band-aid might hold for a little while, but eventually, it's going to fall off and the gash is going to start bleeding again. But by focusing on the mindset as part of the Vitality Script Program, we were able to unlock the root cause of WHY Dani was overeating in the first place. This is how we can create really big impacts.

Which is exactly what happened.

Dani started to lose weight, but more importantly, she started to feel better about herself. She had more energy and she felt like she had *Vitality*. It wasn't easy, but Dani was finally able to break free from her negative thinking patterns and lose her goal of 10lbs!

That's not all. She learnt the tools she needs to keep on track, even when things get tough. If Dani can do it, you can too

It's never too late to make a change in your life.

If you are struggling with your weight, don't give up hope.

There is always a way.

I sat down with Dani for an interview to talk through her experience in the Vitality Script Program.

[illegible]

Take action now.

Your past self will thank your future self.

Talk soon,

Dalton