



Are you all in?

NAME:

DATE:

This worksheet is a supplement training guide to “Are you all in” video published on October 17, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

Many of life's great lessons can be learned from sports. Today at Mindset Monday, I'll discuss the lesson I learned from the current UFC featherweight champ, Conor McGregor. Are you all in? I mean are you really ALL IN? You see, being “all in” isn't just about saying it, but it's also about working hard, working smart, changing your mindset, and doing whatever it takes. So, ask yourself. Am I really all in?

Are you all in on your dreams?

Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

Alvin Brown

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Author and Speaker - Journey to Personal Greatness: mind, body and soul.

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