



THE ELITE PATH

IMPORTANT - DON'T ATTEND YOUR COACHING SESSION WITHOUT FIRST READING THIS GUIDE IN FULL

The first thing you need to understand are the **4 MOST COMMON ROADBLOCKS** that make getting results pretty much impossible if not addressed and dealt with.

4 COMMON ROADBLOCKS

1. MAKING EXCUSES

This is huge because it starts with excuses

“I don't have enough time to workout”

“I just don't have a plan”

“I can't stay motivated”

Before you get close to any goal you have to address the excuses you have been making for yourself because excuses will kill you, literally!

2. LACK OF MOTIVATION

Motivation is so powerful

More powerful than any workout program or diet

Without motivation getting close to any goal will be nearly impossible

Because what's an amazing workout or diet without the motivation to do them

3 - LACK OF COMMITMENT

So if you got the perfect program for yourself

What would that mean if you didn't follow it?

The only way to get results is through **COMMITMENT**

4 – NOT HAVING THE RIGHT RESOURCES

You aren't to blame for the epidemic happening worldwide, The fitness industry continues to pump out information, but the global health of people continues to deteriorate. The only way to solve this is having the **RIGHT** resources and knowledge which will not be a concern if you decide to join.



OVERCOMING YOUR HEALTH/BODY STRUGGLE

Together we will be mapping out 3 clear steps to overcoming the 4 roadblocks or any other roadblock you are facing that is not mentioned above, and get you on track to bulldoze through these obstacles!

STEP 1: REPROGRAM

I will be **REPROGRAMMING YOUR HABITS** from the ground up

Habits are best built from the ground slowly verses trying to start them all at once (like someone giving you a workout program, diet program, or supplement program all at once)

We both know that following all the above is too difficult and hard.

Your habits control your results.

STEP 2: REPAIR

Most people are in the CYCLE OF FAILURE because they truly don't understand what it takes to get the 'result' ...

You lose motivation, you lose your drive, you go back to your old ways

Because you are **DOING IT ALONE** and you have no **SUPPORT**

So to overcome this, I AM GOING TO **REPAIR YOUR ENVIRONMENT**

You see the reason why it is hard to get to your goal isn't because of **YOU**

It's because of the people and environment around you pulling you down, not giving you motivation, and not holding you accountable

STEP 3: REINFORCE

The two most important things that happen inside of the movement is

There will be daily **REINFORCEMENT** on the **MINDSET** that you need to have to get to your goal

And daily and weekly I will be holding you **ACCOUNTABLE** with frequent checkpoints



Long story short I will be there every step of the way to MAKE SURE you never let obstacles or difficulties stop you so you can be better than you were yesterday

2 MAIN THINGS BEFORE YOUR COACHING CALL

1. You must pick up the phone when I call you.

I'll always call at the **exact time** you booked your session.

If you miss it without forewarning, I won't call a second time, and I won't let you reschedule another coaching session.

You must reschedule your booking well in advance if you know that you won't be able to make the time you originally booked.

MY TIME IS VALUABLE and if you can't respect it then I cannot help you and I wish you the best of luck

2. You must ensure you're in a quiet place, free from any distractions.

I'm taking the time to deliver as much value to you as possible in how exactly to get you from where you are to where you want to be

So if you aren't giving me your full attention, **I'll end the coaching session and I won't let you reschedule another one.**

Okay, that's everything

Let's be great!

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