

THE SEVEN STEPS TO LASTING SELF-MOTIVATION

SATURDAY JUNE 27, 2009. 9:30AM-1PM
1951 NORTHSIDE DR NW, ATLANTA

- DO YOU SABOTAGE YOURSELF DESPITE YOUR BEST EFFORTS?
- DO YOU PROCRASTINATE WHEN YOU REALLY WANT TO GET SOMETHING DONE?
- DO YOU WANT MORE OUT OF YOUR LIFE OR YOUR BODY?

- ✓ Discover why you procrastinate and sabotage yourself.
- ✓ How to generate your own motivation.
- ✓ Understand the important role of your mental, emotional, and intuitive sides in motivation.
- ✓ Learn the small, quick, daily activities you can do to keep yourself on track for good, and sustain your motivation.

Let **James Williams** show you how to **motivate yourself consistently** so you can **change** your health, finances, weight, relationships, or career **more easily**. You'll receive a manual and all the tools you need to start **immediately**.

**\$75 PER PERSON, OR COME WITH A FRIEND FOR \$55 EACH.
CALL JAMES AT (404) 475-5569 NOW TO BOOK.**