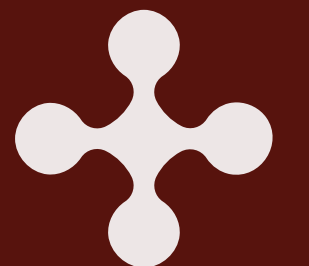




A JOURNEY TO PERSONAL GROWTH
AND SUCCESS

42 Days to Thrive

Unlock your potential with “Eight”
daily non-negotiables!





Your Blueprint for Extraordinary Impact

Here's what we will cover today:

Foundation Practices

- Own Your First Minutes: Setting your daily foundation.
- Gratitude Check: Rewire your mindset for possibility.

Vision and Momentum

- See the Vision: Finding direction when willpower fades.
- Tiny Next Steps: Creating momentum through consistent action steps.

Body and Mental Resilience

- Micro-Movement: Unlocking physical and mental potential.
- Hydrate & Fuel: Sustaining energy for service.
- Strategic Pause: Finding power between stimulus and response.

Connection Power

- Connect for Strength: Building resilience through relationships.

Interactive exercises and transformational stories throughout.

Speaker Credentials: Who I Am

Patrick “Dr. FiT” Jamerson

Professional Journey

- 20+ years in pharmaceutical sales (Johnson & Johnson - oncology division, Abbott, and GSK).
- Pioneer: First African-American owner of a high-end training facility in Conway.
- Founder of a six-figure nutrition company, R3FiT Nutrition, built from ground up with flagship product, Elk Velvet Antler.
- Author: “Indestructible 42” - Creator of 42-day mindset and body lifestyle transformation program. (Manuscript is complete)

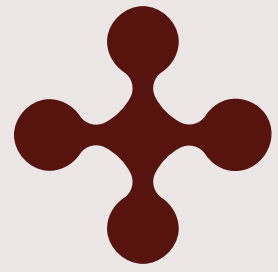
Expertise

- ISSA Certified Nutritionist and Elite Trainer
- Precision Nutrition Coach
- TRX Instructor
- USKMA Level 1 Krav Maga Instructor
- Practitioner of Muay Thai and Combative Hapkido

MY TRUEST CREDENTIAL

- Husband to Kristy, dad to Briana (35) and Sean (23).





Own Your First Five-Ten Minutes

Setting the tone for a
successful day begins
immediately.

Establish a Morning Routine

Create **habits** that empower you right from the start.

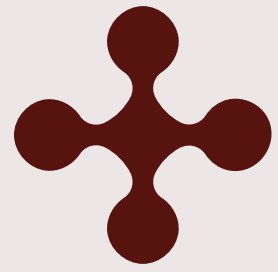
Prioritize Your Mindset

Cultivating a positive mindset helps you face challenges with confidence.

Plan Your Day

Mapping out your day **enhances focus** and productivity from the get-go.





The Importance of Gratitude

Explore how appreciation can transform your mindset and life.

Boosts Emotional Well-being

Practicing gratitude **enhances resilience**, reduces stress and promotes joy. Gratitude rewires your neural pathways, enabling you to recognize progress and hope even in challenging situations.

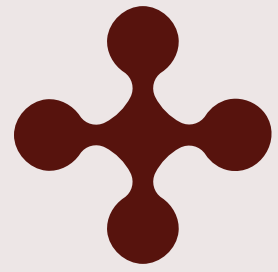
Strengthens Relationships

Expressing appreciation builds **stronger connections**, fostering deeper bonds with others.

Increases Self-awareness

Gratitude encourages self-reflection, helping you recognize and **embrace positive experiences**.





See The Vision

Vision pulls you forward when willpower runs out. Without vision, the people perish and cease to move forward no matter the desire!

Define Your Goals

Clarity in your ambitions helps you stay focused and motivated.

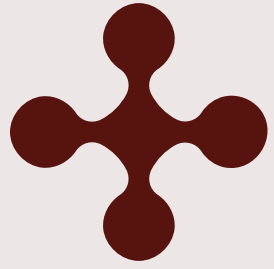
Visualize Your Success

Creating a vivid **mental image** of your future inspires action.

Break It Down

Breaking goals into smaller checkpoints makes achieving them more manageable.





Micro-Movement: The Power of Progress

Small steps can lead to significant change over time.

Build Consistency

Regular micro-movements create lasting habits and build **momentum** for larger goals.

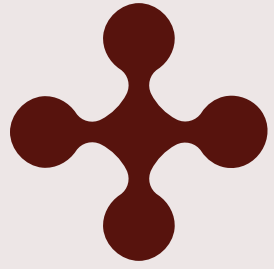
Boost Confidence

Achieving small tasks enhances your **self-belief** and motivates further action.

Improve Health

Micro-movements contribute to overall well-being and **reduce stress** effectively.





Hydrate and Fuel

Nourishing your body for optimal performance and vitality. Can you pour from an empty cup?

Importance of Hydration

Staying adequately hydrated enhances **focus and cognitive function** throughout the day.

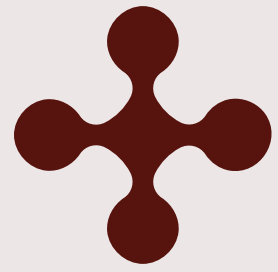
Nutrient-Rich Foods

Consuming a balanced diet with **essential nutrients** boosts energy levels and overall health.

Meal Timing

Eating at regular intervals maintains **energy stability** and prevents fatigue and mood swings.





The Power of Reflection

Discover how strategic pauses can enhance your personal growth.

Enhanced Clarity

Taking time to pause allows for clearer **decision-making** and prioritization.

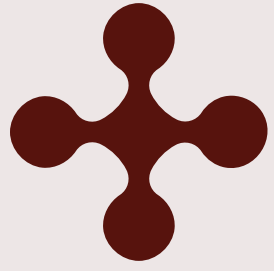
Increased Productivity

Regular pauses can lead to improved **focus** and efficiency in tasks.

Emotional Regulation

Reflection helps in managing stress and **emotions**, leading to better wellbeing.





Connect for Strength

Building a solid support network is crucial for personal growth. Why? Because isolation is the enemy of resilience, and connection is the cure!

Expand Your Circle

Surround yourself with **positive influences** to foster resilience and encouragement.

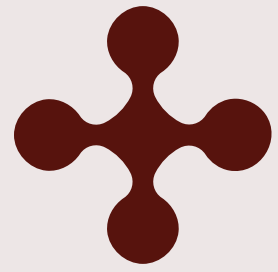
Share Your Journey

Openly discussing challenges helps strengthen bonds and **invites support** from others.

Collaborate and Grow

Working together with others can lead to **greater achievements** and shared success.





Tiny Next Steps Matter

Focus on manageable actions for sustainable progress and growth.

Start Small and Simple

Taking **small actions** leads to greater confidence and build momentum over time.

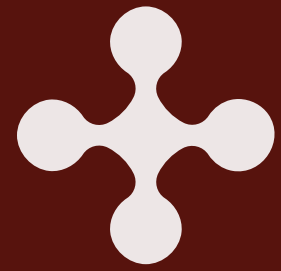
Consistency is Key

Regular tiny steps saturated in discipline create lasting change and help maintain motivation.

Celebrate Each Step

Acknowledging progress, no matter how small, fosters a **positive mindset** and encourages further action.





What questions do you have for me?

“To manifest your desires, look beyond your reflection in the mirror; see and feel what you seek within yourself.” - Patrick “Dr. FiT” Jamerson

