

SUBJECT: There can only be 4 things

Brent said something to me a few weeks ago that blew a little hole in my brain.

"Between where you are and where you want to be, there can only ever be four things."

It was a profound sentence to me. Something I'll never forget because it's so damn simple.

So what are these four things?

They're your four core issues. And they are the same four issues for all humans.

That doesn't mean you have the same problems as everyone else...it means that the core issues underneath your problems are the same.

Once you understand the four core issues matrix and the three ego states you can actually work with yourself to grow in any area you want.

That's definitely an oversimplification of the process...but it's still the truth. Want to learn more about this whole process?

Brent (my coach/therapist dude who changed my life) and I are doing a hangout on Monday at 2pm CST to go over this and answer your questions.

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Here's what happened once I understood the matrix and ego states:

-I tripled my income.

-I work about 1/4 as much as I used to. (I typically work about 3 hours per day.)

-I'm in the second best shape of my life. (And quickly closing in on the best.)

-I'm in a relationship with someone who loves me for me and I love her for her.

-I'm the happiest I've ever been.

Want the same to happen to you?

Join us on Monday.

Talk soon,

Ian "simple works" Stanley

P.S. Sorry if you got a duplicate email...some people are on a couple lists right now and I'm out in Fredericksburg, TX for some wine tasting so I can't sort it all out right now...

P.P.S. If you wanna hop on a call to see if the LionHeart workshop is a good fit for you just hit reply to this email and we'll set up a time to talk. Or lemme know if you have any specific questions.

Ok gotta get on a wine shuttle. Byeeeee.