

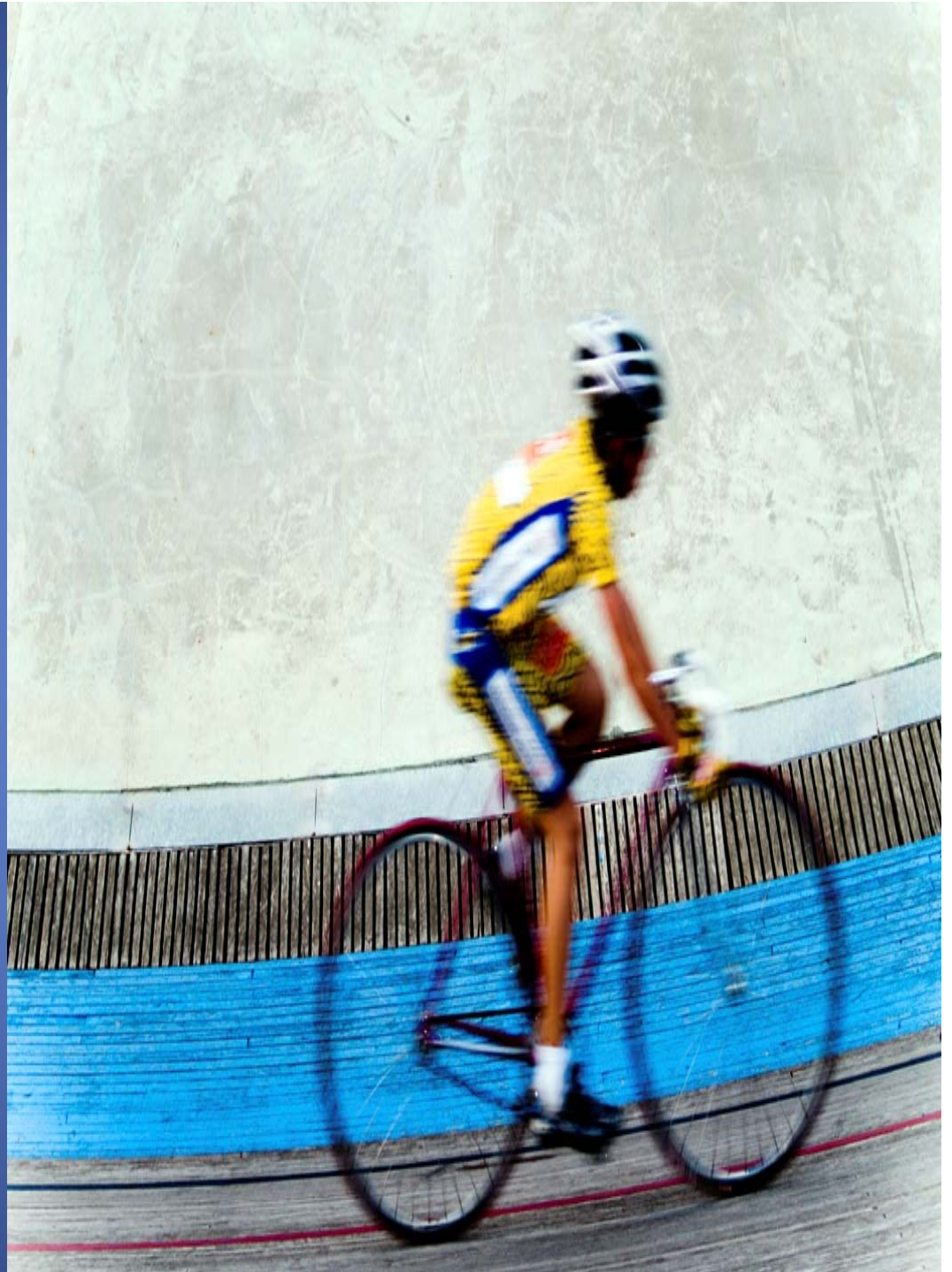


6 Keys to Stepping Up Your Game!

Greg Gaines

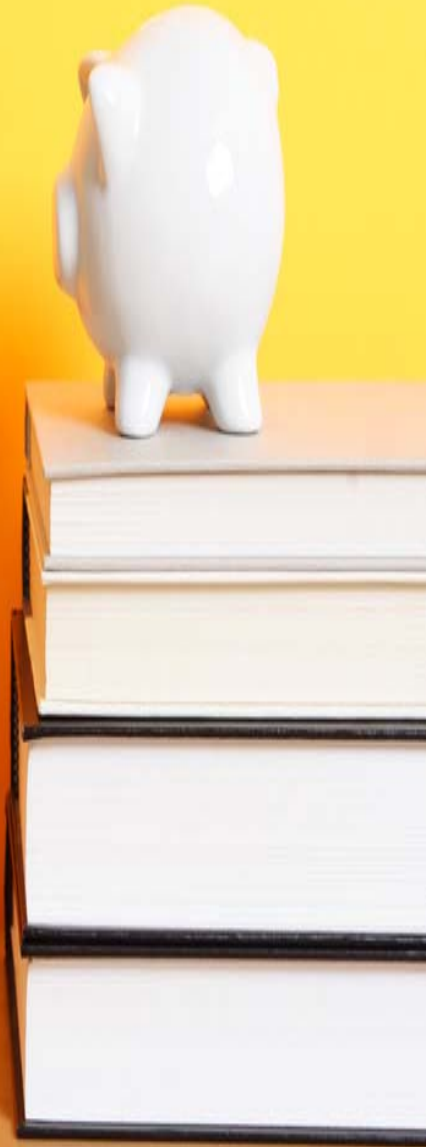
1

Acknowledge
that you
have
to move.



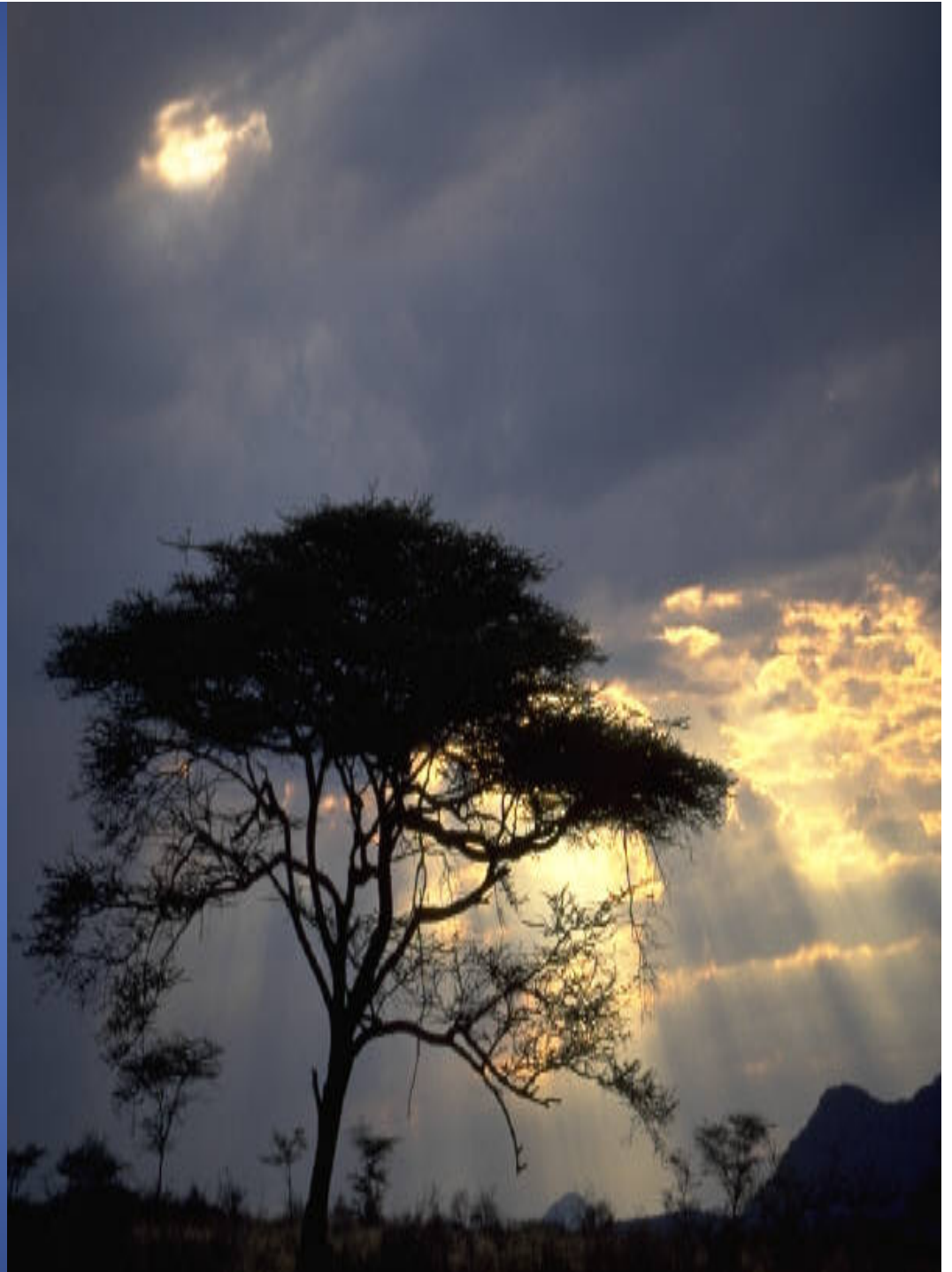
2

Invest
in
you.



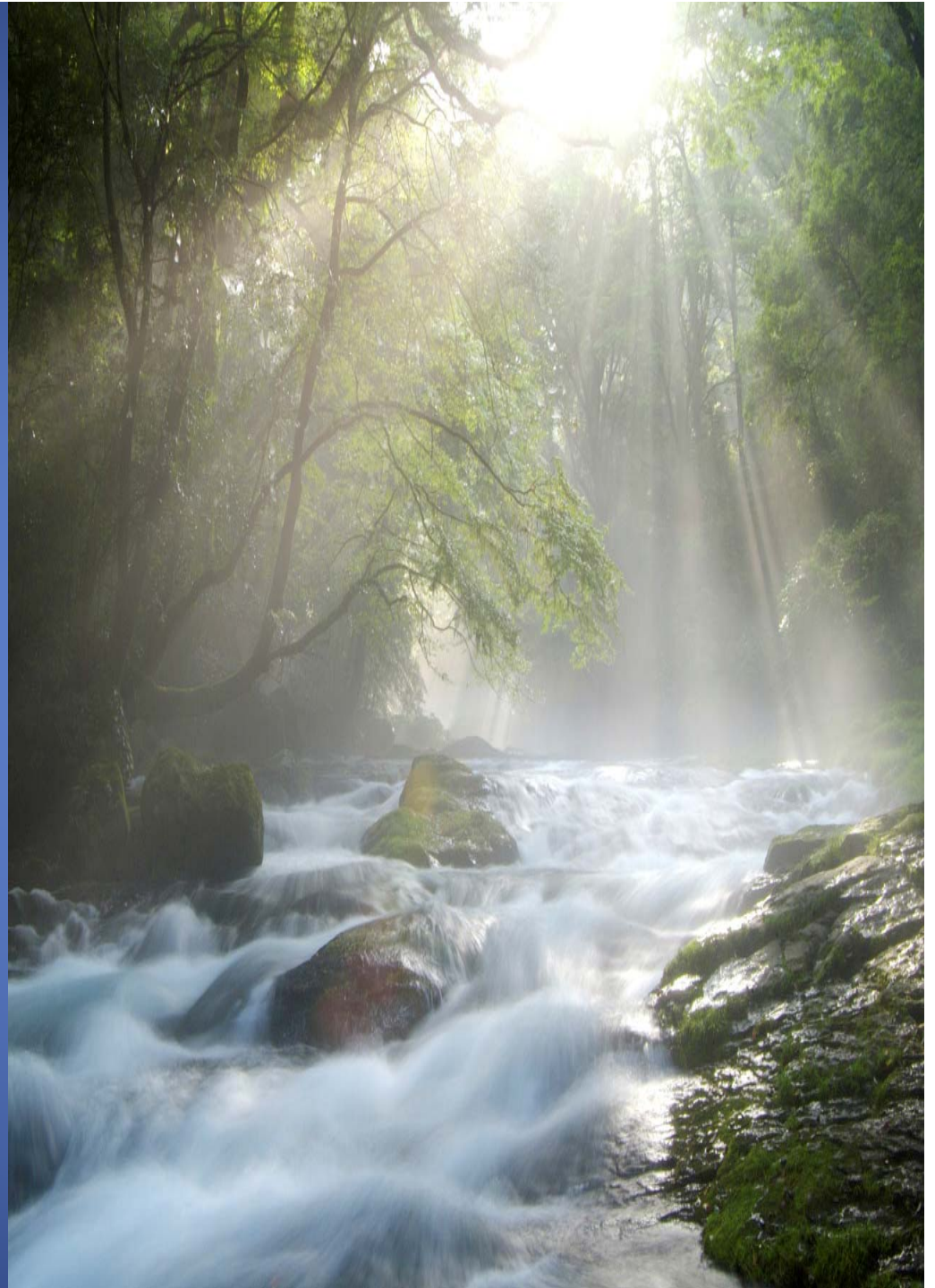
3

Be careful
with
fear.



4

Re-charge
your
batteries.



5

Check
your
watch.



6

Embrace
your
worth.



Re-cap

1. Acknowledge that you have to move.
2. Invest in *you*.
3. Be careful with *fear*.
4. *Re-charge* your batteries.
5. Check your *watch*.
6. Embrace your *worth*.

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