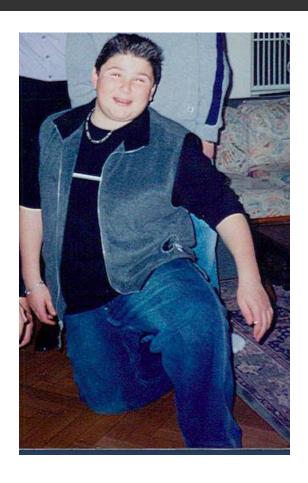
Commitment to a MASSIVE MINDSET



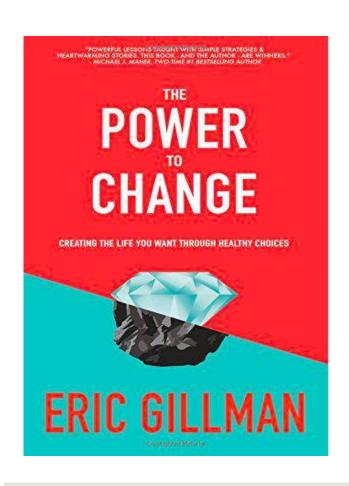
Wanna Go For a Run?!?!

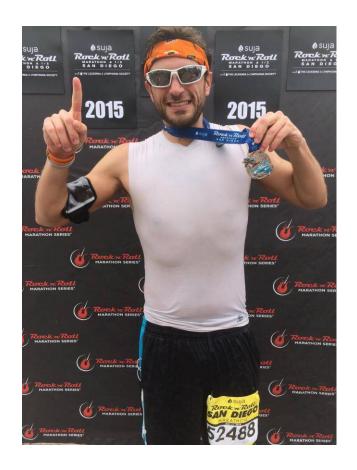


DEFINITION OF COMMITMENT:

An Obligation That Restricts Freedom of Action.

Harness the POWER of the DECISION





THE FIGHT FOR HOPE





\$1,300+ RAISED FOR Angel Wings Int. Medical Clinic

...Of Course I Won ©



What DECISION are you ready to make TODAY?!?!



After a devastating earthquake in 2010 the need for a medical clinic was undeniable. Through the hard work and dedication of over 100 volunteers, \$2,000,000+ in personal donations and several trips to Haiti, we were able to take this piece of land and transform it into the Angel Wings International

NOW WE NEED YOUR HELP to keep the clinic open & staffed with experienced medical personnel. To raise needed funds, I have created The Ride for

In this CROSS COUNTRY journey I will ride my bicycle from Washington D.C. to San Diego, CA. On this journey I will speak to young people along the way about my message of *Building Hope Through Healthy Choices."

The Ride for Hope series will consist of several events leading up to the official start of the ride in December 2020. All of which will offer multiple opportunities for sponsorship.



Please join me on this journey and SPONSOR the Ride For Hope Series!















- Benefits of Sponsorship



Sponsor Packages -

\$50,000 TITANIUM SPONSOR

\$10,000 DIAMOND SPONSOR

\$5,000 RUBY SPONSOR

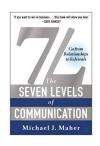


1. Think BIG!

- Shoot for the moon. If you miss you will land among the stars.



THINKING SMALL SERVES NO ONE.



"WHAT ARE YOU GOALS?"

-Michael Maher

2. Control YOUR Environment



WRITE IT DOWN AND SPEAK IT INTO THE WORLD!

Speak as if it has ALREADY HAPPENED....



Courage is not acting in the absence of fear, it is acting in spite of it.

- Mark Twain

3. BAFA...

- Dog. Stick. Waterfall.

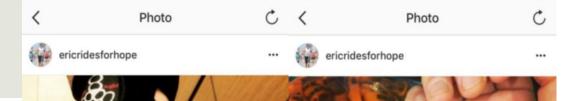




4. NO EXCUSES

EXCUSES= INTERNAL

REASONS= EXTERNAL



SUCCESS IS WHAT COMES AFTER YOU STOP MAKING EXCUSES.

(Luis Galarza)

www.motivatamazebegreat.com



■III AT&T 🗢

Liked by tcascending, amy_daneke and 20 others ericridesforhope A true friend is the type of person who instead of partying on a Saturday night, will join you and push you in the gym for a 3 hour monster workout sesh. Grateful for my brotha from another

4:39 AM

















ericridesforhope Got my new batman print "NO EXCUSES" bracelets in!! Stop making excuses and make shit happen. Let me know if you want one for

free. You also get two included when you get my

4:39 AM





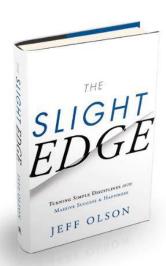


W EXCUSE



5. Embrace the power of the Slight Edge

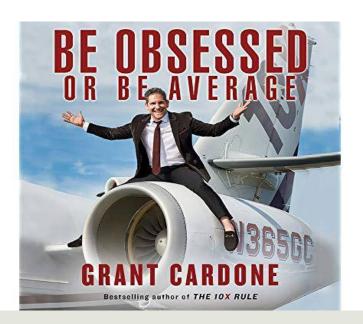
- Make the choices today that the person you want to become would make.
- What is your RELATIONSHIP like with YOUR CALENDAR???
- How much do you value your time?!?
 - Use your NET TIME!!
- CREATE and USE CLEAN ENERGY!!!



6. Be OBSESSED!

- Doesn't't have to have a negative connotation..
 - □ To be OBSESSED means that:
 - Your goals, your dreams and your outcomes dominate your thoughts, feelings and desires.
 - Obsess over your business, your family, your relationships And most of all...YOUR HEALTH!

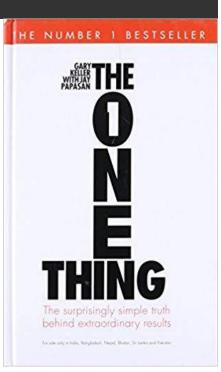




7. Look to the Mountain TOP, then look down and take the NEXT STEP FORWARD!



- Train your mind to hit SMALL targets OFTEN so it can grow to hit bigger targets.
- THINK BIG, ACT SMALL
- EMBRACE the PROCESS and <u>FAIL FORWARD</u> to SUCCESS!!



Brand Yourself Forever!

- NON-CONSUMABLE
- 100% TAX DEDUCTABLE

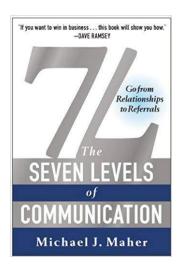
- 100% AMERICAN MADE AND GURANTEED FOREVER!

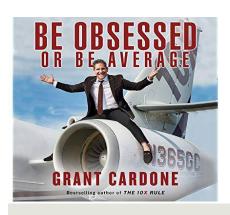


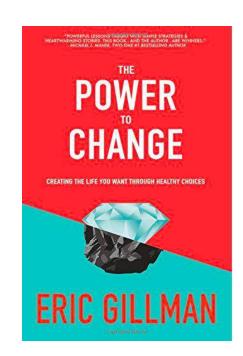




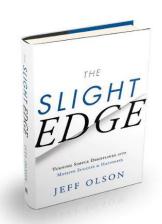
BOOK RECOMMENDATIONS







ERIC GILLMAN
(858)255-1142
ERIC@ SHARPRETENTION.COM





Commit TO Building Something!

