

FREE SUCCESS SYSTEM OF THE
EMPOWERED MILLIONAIRE INSTITUTE

**DAY
76**



'90 DAY CHARGE'

(DECEMBER 15 - S3 MODULE 29)



BASED ON THE
'MVP'
MILLIONAIRE
VALUE PACK

CONCEIVED AND DEVELOPED BY JAMES LEE VALENTINE
ESPECIALLY FOR YOU AT Great Personal Expense

(90 DAY CHARGE – ABRIDGED VERSION)
S3 EMPOWERED MILLIONAIRE COACHING
POWERIZER WORKBOOK

MODULE 6.4
SUPREME HEALTH VOW

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If you are in any way dissatisfied with any aspect of the
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MODULE 6.4

SUPREME HEALTH VOW

“The health of the people is really the foundation upon which their happiness and all their powers as a state depend.”

BENJAMIN DISRAELI

An inspired adaptation of the preceding *21 Financial Solutions To My Dilemma* is to have multiple ‘Solutions Charts’ for various facets of my life — whether financial, physical, mental, material or whatever arena within which I desire positive change. Illustrations could include these solutions charts:

- 21 solutions to substantially increase my earnings.
- 21 solutions to happily revolutionize my marriage.
- 21 solutions to ethically gain a promotion at work.
- 21 solutions to profitably launch my ideal business.
- 21 solutions to morally solve my financial challenges.
- 21 solutions to inexpensively increase the value of my home.

Under my own initiative, I need to design various charts that satisfy my needs for whatever particular dilemmas I may be facing. Especially, as this chapter specifically relates, the state of my health is one area within which I should write a detailed list, possibly entitled: *21 Solutions For Attaining Supreme Fitness & Optimum Wellness*.

Attaining Supreme Fitness & Optimum Wellness

It must surely be among my greatest aspirations to live a long, healthy and youthful life — one with few ailments, minimal illness and an abundance of vitality. Well, to have reserves of energy for

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accomplishing whatever I want doesn't have to be a mirage — this can be my reality. I do not have to look, act or feel aged unless it is my choice to deliberately do so. Ill health and old age are caused primarily by poor nutrition and a lack of physical exercise and mental stimulation, not by the passage of a certain number of years.

There is no law of life that says at a certain age I must grow old. The mental image I hold of myself is the blueprint for my body. Whether youth and vitality or old age and senility, these are the conditions I will manifest with my thoughts. The first and most important step toward attaining supreme fitness and optimum wellness is to hold an image of myself as already possessing all the vital, energized great health I desire. Then, I must master several health-related winning disciplines to ensure the reality of a life of wellness and vitality becomes a certainty for me.

My Supreme Health Vow

If I desire to attain supreme fitness and optimum wellness, I must make myself a promise. This 'vow' will be in the form of a goal statement. The objective I shall be striving to attain has two parts: *youthful maturity* and *optimum wellness*. So this is what I should write. Youthful maturity being the energy and vitality of youth and the wisdom and enlightenment of maturity. Optimum wellness is the most favorable physical condition and healthy state I am able to attain to enjoy all aspects of my life with vigor and energy, never experiencing any conditions of ill health or sickness.

The secret of successfully creating supreme fitness and optimum wellness is in persistence. I must affirm my *Supreme Health Vow* often, and regularly visualize myself acting and feeling dynamic at whatever age level I want to be. I can be eternally youthful whilst enjoying fantastic health. Here we shall look at the format for my *Supreme Health Vow*, onto which I shall add my name, and the dates and ages that fit my own particular circumstances. There are three parts to successfully writing a *Supreme Health Vow*:

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S3: EMPOWERED MILLIONAIRE COACHING
MODULE 6.4 SUPREME HEALTH VOW

1. Determine how young the new 'me' will be.
2. Decide the date at which the new 'me' will materialize.
3. Live my vow as a daily winning discipline.

1. Determine How Young The New 'Me' Will Be

It is a critically important decision time for me here. I must now decide what age I want to look and feel. Chronologically, perhaps today I am 47 years old, but it is my desire to look and feel only 35. So this is what I shall write as the first step in manifesting the supreme fitness and optimum wellness I will now vow as my desire.

MY SUPREME HEALTH VOW TO MYSELF IS THAT I LOOK
AS YOUTHFUL AND RADIANT, AND FEEL AS VITAL AND
POSITIVELY ENERGETIC AS I DID AT THE AGE OF...

➤ Thirty-five which is twelve years ago

2. Deciding The Date At Which The New 'Me' Will Materialize

Now I must decide the date of attainment for the new, improved, younger, more vibrant me. Perhaps my target date will be eleven months from now, during which I shall diligently follow my plan of action consisting of diligently performing the winning disciplines that can create the youthful outcome I seek.

THIS NEW YOUNGER, MORE VIBRANT 'ME' WILL MATERIALIZE ON...

➤ January 1st next year

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3. Live My Vow As A Daily Winning Discipline

To successfully attain my health objectives, I shall be persistent in performing the winning disciplines required of me. One discipline I shall do on a regular basis is to affirm this vow, regularly visualizing myself acting and feeling dynamic at whatever age level I want to be. Yes, I can be eternally youthful whilst enjoying fantastic health.

I, James Lee Valentine, now have as my Supreme Health Vow, youthful maturity and optimum wellness. This is the energy and vitality of youth, and the wisdom and enlightenment of maturity.

This is the optimum physical condition and healthy state I am able to attain for enjoying all aspects of my life with vigor and energy, always experiencing conditions of great health and well-being.

On January 1, I look as youthful and radiant, and feel as vital and positively energetic as I did twelve years before at the age of thirty-five.

I am healthy, strong and full of energy. My Supreme Health Vow to myself is that I will command youthful maturity and optimum wellness as my physical and mental state of being.



**This is an abridged version
of the *S3 Module 6.4*.**

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