

# Brian McAleer's

# How to Smash Your News Resolutions in 2023 without Losing Motivation & Quitting.

➤ **Time and date of class:** .....

STEP 1:How to know what the\_\_\_\_\_ resolutions  
are for \_\_\_\_\_

[illegible]

**Liam McArdle**  
2 reviews

2 reviews

★★★★★ 3 years ago

I have been working with Brian over the past 12 months and in that time I have a greater understanding on what I value, what I want to pursue and am now clearer on the life that I want to create.

Thank you Brian for supporting me get to this place in my life.

 Like

**Response from the owner** 3 years ago

Liam, it was my pleasure. You asserted yourself and worked hard. To your Continued Success

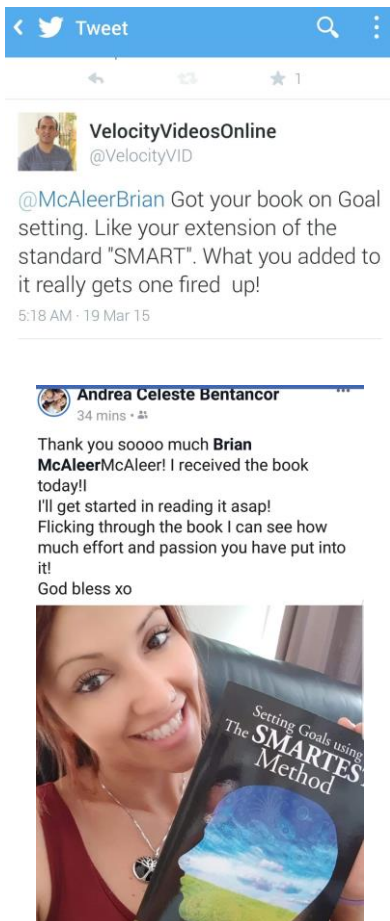
STEP 2: How to \_\_\_\_\_ yourself and \_\_\_\_ motivated all year

[illegible]

# Brian McAleer's New Year, Better You Program

# How to Smash Your News Resolutions in 2023 without Losing Motivation & Quitting.

STEP 3: How to stay \_\_\_\_\_ on your outcome  
\_\_\_\_\_ comes your way

[illegible]

"Buying his book was one of the best things I have ever done. I have found it simple, easy to read and more importantly easy to apply. Goal setting was usually quite a hard process for me, however once I read his book it got so much easier and I became so much more congruent with my goals and I even started teaching the system to other people and throughout my training and seminars that I delivered. Even if you think you are the best goal setter on the planet or a complete beginner, this book will completely change your world."

- Marc Miles, Trainer & Assessor

➤ **Where to get my \$297 gift:** .....