

Subject:

(5 hrs) time to choose your Olivia Pope...

Body:

**Your discount to the Healthy Hero Writing Challenge is gonna \*poof\* disappear tomorrow.**

And with it goes the opportunity to take that first step into adventure to embrace your heroic self.

`Cos at the end of the day, there's one big thing that separates those with clarity, context, and compassion on their wellness journey and those whose 2021 goals look eerily similar to the year before.

And it's not willpower, work ethic, or cooking prowess.

**It's decisiveness & the willingness to say yes to adventure.**

It's saying "sure I can see myself in black leather, so I'll take the red pill instead of the blue pill."

It's saying "I'm shorter and less experienced than all of you, but I'm hella resilient so I'll take the ring to Mordor."

It's summoning up all your Disney gumption and saying "I've never left this island, but I'm gonna sail a boat into the unknown to find a demigod voiced by Dwayne the Rock Johnson"

Maybe there's a movie reference above that you don't recognize. Yet I know you feel those moments in your own life when you've made those life-changing risks.

**Thing is: tomorrow morning you're gonna wake up with the same tired routine you've got today, maybe minus one or two items if you sleep past your alarm.**

And you don't want to spend another year feeling stuck in the exhausting battle between your higher self, the drive thru line, and the skinny jeans you used to fit into.

But you also don't want to spend another year trying every new product, strategy, and sugar-free-sweet-potato-brownie recipe without getting any closer to your goals.

**So if you're willing to jump into the mystery, potential, and confidence that comes from following a proven path:**

Then I'm beyond excited to welcome you into the Healthy Hero Writing Challenge so you can start feeling BETTER.

Better about your food, your body, and your self-worth.

Ready to start? Cuz now is your time to choose your Olivia Pope.

**The "yes, I'm ready to invest in myself, OWN my confidence, and put pen to paper to create a clear path to my wellness goals" Olivia.**

**Or the shaky & scared, "this is all a bit too much for me right now, hopefully someone else can swoop in and figure out how best to protect me from the vending machine" Olivia.**

Either way, don't let this timer get a say in the transformational clarity, radical self-compassion and heroic path that's right in front of you.

Hit reply on this email if you need any help arriving at your decision.

**PS. If you're not sure joining the Writing Challenge is the 100% right decision for you, check out this breath of fresh air:**

None of the heroes who have taken this leap knew the Healthy Hero Writing Challenge was worth it until they signed up, followed the clear path and tested things out for themselves.

(The same way Lucy didn't know what was beyond the wardrobe.)

So there's no pressure for you to know.

You're simply invited to grab a login today and test out as many parts of the Healthy Hero Writing Challenge you need for 60 days before making a final call.

Adventure awaits.