



Why, hello there!

Thank you for purchasing a 30 minute VIP coaching call with me.

I can't wait to get on the phone with you and chat about your history and what we can do going forward.

Exciting times.

Before we get on the phone I need you to do something for me.

1. Download and read all of the Lean in 19 documents.
2. If you're unsure about anything, then write them down and we can cover them on the call.
3. Think about your past, present and future: problems you've had in the past, what you've been doing recently and what your goals are going forward.
4. Get super serious about losing fattimus from your assimus.

Once you've done all of this then it's time to shoot an email to [support@lean19.com](mailto:support@lean19.com).

From here, my assistant or I, will send you a link to my calendar so you can get booked in.

Okay, that's all for now.

Cheerio and I'll speak to you soon,

*Gravin*