




THE Entrepreneur's ReBoot™

ReCharge, ReFresh & Relignite Your Life

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"What really matters is a balanced purposeful life that's fueling growth personally and professionally."

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Medical Disclaimer

The Entrepreneur's ReBOOT™ is intended for healthy adults, ages 18 and over. This ReBOOT guide is solely for informational and educational purposes and is not medical advice. Consult a medical or health professional before you begin any new nutrition, supplement or training program or if you have questions about your health. As individuals differ, their results will differ, even when using the same program.



Re-Charge to Turn On!

When was the last time you woke up on your own fully rested eager and energized to start your day? Think back; perhaps it was day six of a seven-day vacation that you were last in balance, enjoying your natural flow of energy. For most adults, this surplus of energy is rare.

In contrast, think of how a child awakens each day. My sons pop out of bed every morning with their tank full. No need for a grande coffee to get them going. Naturally invigorated they greet the day ahead with enthusiasm.

Think back to your morning...were you awakened far before dawn with anxious thoughts that left you staring at the ceiling wishing for sleep? If you were able to sleep, what was the first sound you heard upon waking? Was it a radio station blasting or the screeching sound of an alarm buzzer tossing your cells into their own alarm state? For most, the day begins with a moderate voltage wake-up jolt that shocks us awake followed by our energy-compensating practice of consuming a favorite double caffeinated brew, a long shower and whatever else it takes to get us back on the warrior path.

We've become so accustomed to living in a fatigued, compromised energy state brought on by chronic stress that we accept it as the norm. Many actually embrace it as a catalyst to get moving. Chronic stress drains us from the inside by stealing our energy, creativity and vitality. When the effects of stress are combined with poor nutrition and lack of sleep it is a recipe for physical, mental and emotional depletion – a virtual house of cards ready to collapse at any moment.

You eventually note the enormous expanding gap between the life you could be living and the life you've settled for. You may even begin to accept the gradual weight gain, drop in energy levels, disappointing or declining sex life, all as a price to be paid to get ahead as an entrepreneur. "I'll get my life back after the business is bigger, or when I sell it".

The Entrepreneur's ReBOOT is intended to stop the depletion and give you the platform for transformation. Maybe that transformation is a new business, maybe it's re-focusing on your family, maybe it's getting you out of your



business, maybe it's a new fitness objective... regardless, **this ReBOOT builds a foundation for your entrepreneurial success.**

Then one day, elevated by a sense of urgency, you decide from your overstressed, over-committed state that now is the time to get in shape, so you take on a plan in hopes to correct this physical wreck in mid-collision.

"Sure, I can do it all," you tell yourself. The Big Red "S" on your chest carefully concealed, you dive into change things by adding a new workout, diet or life plan –taking it head on like you'd dive into a swimming pool – although in your overstressed state it's as if you're diving in with both hands tied behind your back while wearing cement galoshes. To your great astonishment you sink like a rock, only to blame the water instead of your compromised state and lack of preparation.

Reality is that trying to improve the family/business balancing act (what I call the **TFBBA**) of life with expectations to boost your daily energy or invigorate your sex life while you are physically, mentally and emotionally exhausted, your efforts will fall flat. They will reflect the depleted state. You'll likely wind up another casualty of the mysterious "loss of motivation or discipline."

Lessons from the Guru

We are only as strong as our weakest link. Regardless of how we choose to label it, for our bodies, stress is stress. Even adding even a "positive stress", like a life enhancing or a business growth initiative, can further compromise an already overloaded physical system, causing a person to hit an invisible wall.

This wall may arise as low motivation, which is the fatigue taking over. It's like an inner monitoring & alert system saying, "enough already." However, the default practice to continually override this internal warning is all too common.

The credit for uncovering this weakness goes to Tom Bilella, D.C., M.S., a prominent whole-life specialist who operates the Nutrition Treatment Center in Red Bank, New Jersey. I call him the "Guru."

It was in his clinic where he revealed the problem, –an invisible hurdle that was impeding people's progress that he referred to as the "depletion syndrome". Tom's clinic was flooded with clients taking on transformational challenges eager to be the next success story. About half of his clients were enjoying the sort of progress one would expect, while the other half experienced quite the opposite. Rather than getting stronger and leaner, they were exhausted, drained and frustrated.

The group was engaging in the very same proven method for transformational process– yet much of the group was neither losing weight nor gaining muscle. Lack of positive results for all their efforts drained their remaining energy and undermined their confidence.

While his discovery was fitness related, the correlation to entrepreneurial performance is "startlingly direct "The reality is that **the intensity and demands of a change are too great for those who enter unprepared with an over loaded professional and personal agenda.**

We run ourselves ragged, with the best intention of gains and growth. This false perception of productivity costs us dearly in every aspect of our life. This is a premise of depletion.

Counter to logic, the resolution comes from a do-less-to-gain-more practice. To authentically strengthen any one of life's three major pillars – health, wealth, relationships – we must transition the mind and body with a reboot process to create the internal climate which sets us up for success. When applied, tenants of this reboot solution create the space and place for improvement and growth practices to be established.

Doctor Tom explains:

"I used tests to show my patients what was taking place on a cellular level. Too often they were in a severe state of stress that affects the body's ability to recover – what's called a "catabolic state." And to continue training and limiting nutrition only stresses the body further."

Doctor Tom's advice: Take two weeks off to rest, revitalize, and recharge to help the body begin to run smoothly. He provided a simple set of guidelines, much like those I will share with you in a moment.

Tom's insight proved to be spot on. Clients reported back after two short weeks with a renewed sense of energy, even adding muscle and losing fat—without training! Add muscle and lost fat without exercising—sounds too good to be true, right?

Actually, it makes perfect sense when you understand the inner-workings of the body. When depleted, overloaded and overstressed, your body bogs down and starts running in a compromised fashion, much like when your computer is overloaded. You don't notice it until out of nowhere your operating system starts to respond sluggishly costing you time and frustration. It simply has too many demands and too little processing power. There's no need to scrap your computer – it's just time to reboot, perhaps defrag, to clear the slate and get it running at full operating speed.

Likewise you need to regularly take a step back, recharge and ReBOOT your body's systems. And once you do, you'll be stunned to discover just how sluggish your system was operating. When you experience this initial influx of energy you will be compelled to further follow with the process for optimized performance. Once you recognize what has been lost, a desire to maintain that new flow will be established. An intrinsic motivation takes root.

Your creativity and vision will be clearer. Your gratitude will be abundant. Your energy and vitality will be restored. Your happiness will no doubt escalate.

Take this time for you. You must take care of you. Your family, your business, your health, your wealth, your relationships depend on your well-being.

Congratulations on embarking on the Entrepreneur's ReBOOT!



Rebound **STRONG** with **Super Compensation!**

Let's say you are a muscle. Okay? Yes, a good looking muscle with a great smile and terrific personality, but a muscle nonetheless. Oh yes, and you're also a muscle belonging to a strong, healthy person who trains you.

First, you undergo intense stress as you are trained. On a cellular level this causes you, the muscle, to break down leaving you weak and compromised. Following training you anxiously await the much-needed flood of vital nutrients that along with the necessary rest will trigger your repair and full recovery.

Soon after you begin receiving that nutrition and rest, your strength begins to return as you rebuild. This continues until you've reached your previous baseline – the condition you were in prior to your last training session. And then something extraordinary happens: the strength keeps building, beyond your previous best – building a larger reservoir of strength should you once again face a similar stress.

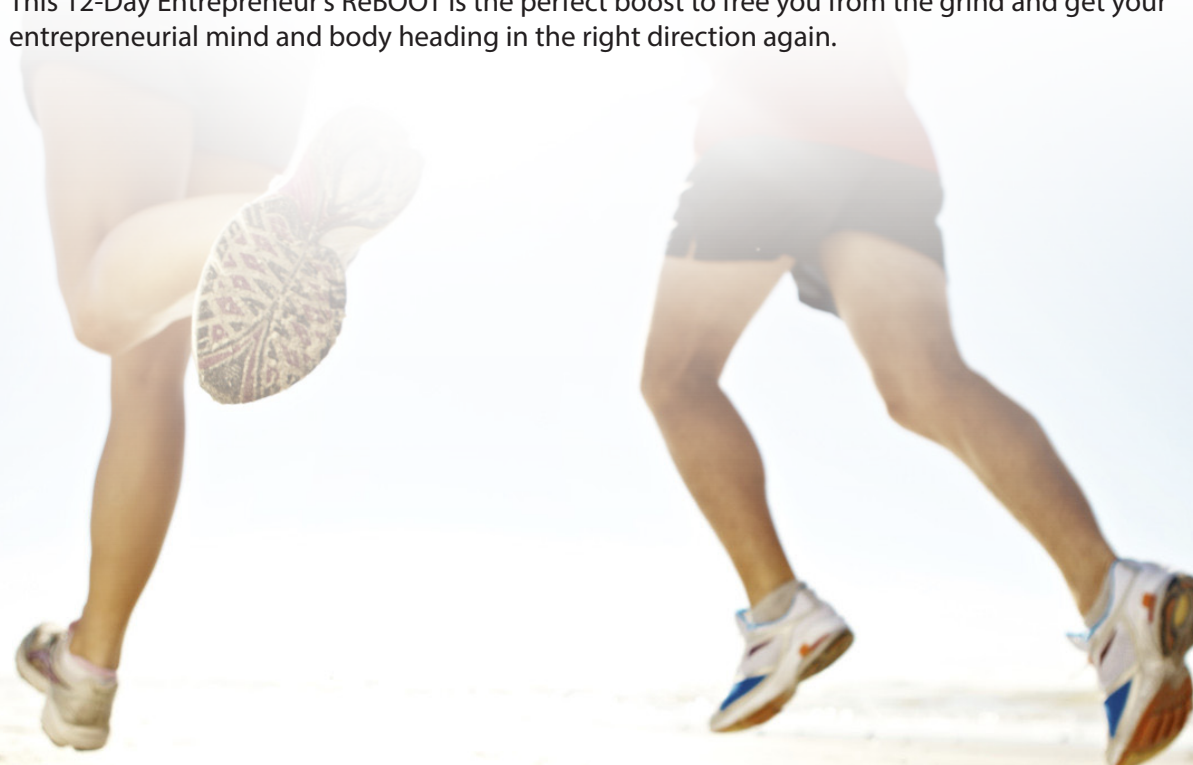
Now you're at the peak of recovery, on top of the world, fed, rested and stronger than before. This process of rebuilding yourself stronger, shifting to a higher capacity, is called Super Compensation.

Your body, while certainly more complex on a macro scale, can recover from a depleted, stressed state in much the same way as a muscle. As the effects of chronic stress are addressed, as they are with these 10 Entrepreneur's ReBOOT Rituals, your body will return to baseline, back to balance within the state of a full vibrant life.

When you've achieved baseline, you will regain the spark of energy, vitality, creativity and bravado that had been snuffed out by the stress. Additionally, you will feel your metabolism start to turn back up.

Just as they are for the trained muscle, a period of rest, recovery and renewal are essential for your entrepreneurial mind & body – this is especially true prior to any transformative process. Where muscle typically requires 36 to 48 hours to recover following training, your mind and body will require more time.

This 12-Day Entrepreneur's ReBOOT is the perfect boost to free you from the grind and get your entrepreneurial mind and body heading in the right direction again.



A silhouette of a person in a yoga pose, specifically the Tree Pose (Vrikshasana), with arms raised and hands clasped above the head. The person is standing on one leg, with the other leg bent and the foot resting on the inner thigh. The background is a warm, golden sunset or sunrise over a body of water, with the sun low on the horizon. The overall mood is peaceful and rejuvenating.

Entrepreneurial Strength Refreshed in 12 -Days

In order to fulfill your potential as an entrepreneur, a leader, a parent, a person.... it is in your best interest to be fully revitalized. And that's precisely what this Entrepreneur's ReBOOT will do: prepare you to bring your best self forward, laying down a firm foundation upon which to build your new future...ready to start and stay strong.

Much like a Base Camp, where the essential and final preparations are made by those seeking to scale the world's highest peaks, this 12-Day ReBOOT is a period of preparation. It's a time to refuel, recover, rejuvenate, and recharge your body and mind. It's not a time of more, but a time of less. It's a time to relax the systems, particularly the mind, not overwhelm them with new demands.

Getting back to balance begins with nourishing your body from the inside out. When this happens, it's not unusual for your body to "super compensate" by adding a small amount of muscle – for when you give it the chance to recover it's likely to bounce back a little stronger. This may also lead to a slight drop in body fat percentage, just as Tom's clients experienced.

It's not the numbers that are important here – it's the magic of setting the environment right for success, from the inside. In our attempt to focus on doing the right things for our companies, we often ignore our all-important physical state, which ultimately determines if the right actions produce the right results.

Now is the time where you must show the patience to make the right step first – not follow the formerly well-worn path. Instead, follow the new path that leads you to success.

Whether you're new to the idea of a transformation program, a veteran of another, or perhaps you're getting back to focusing after a slump or hiatus, this Entrepreneur's ReBOOT is the right way to begin.

Take these 12 Days now to rejuvenate both mentally and physically – enjoy them! Observe your mind and body return to maximum strength: with increased motivation, elevated creativity, improved sleep, and freedom from sugar cravings. You will find this period inspirational and liberating.

I realize this process might seem counterintuitive to you since it goes against society's philosophy of forging ahead by doing more. It flies in the face of everything you know about getting things done to reaching goals. Trust me on this one: taking one small step back now will be a giant leap forward very soon!

Follow this simple guide and I promise that at the end of this brief ReBOOT you will feel mentally and physically better than you have in years. Feeling rested, recharged and renewed at the end of your 12 Days, you will pop out of bed full of vigor just like your earlier entrepreneurial days. You will be able to summon the focus and energy of your youth while fluidly integrating your well-earned wisdom and vast experience.



The Entrepreneur's ReBOOT™

The rituals for this 12-Day ReBOOT are:

1. Feed Your Mind and Exercise Positive Focus Each Morning
2. Begin Each Day with a Protein Rich Breakfast
3. Eat "Lean, Clean & Green"
4. Drink Water in Abundance Daily
5. Enjoy a Minimum of 7 Hours Restful Sleep Each Night
6. The eFast Principle: Say "No" In Order To Create Space for You
7. Keep a Food, Mood and Energy Journal
8. Move your body
9. Get Out of Your Normal Spaces
10. Express Gratitude Daily

1. Feed Your Mind and Exercise Positive Focus Each Morning

Daily rituals. They are the foundation of success for every human being.

Build your rituals or rekindle your old ones. Polish them up a bit. Focus on growing your mind each and every day.

A mentor of mine shared with me his rituals, called the 10-10-10, and I want to pass them onto you. He starts every day off with 10 minutes of reading, then 10 minutes of thinking, then 10 minutes of journaling.

Though my routine is slightly different, they both align around not turning on electronic devices until the mind has experienced at least 30 minutes of being properly fed and nourished. I enjoy the **quiet time in the morning** that moves on to include my physical training. The days I enact my morning rituals are my best and most productive days. Also, they are the most positive and uplifting days.

My morning routine determines the tone of my day. I manage the ebb and flow of stresses on my established terms. By the time my workday officially begins I am mentally prepared, positive, and grateful for the opportunity to open the gift of the new day.

Whatever your morning rituals are, be consistent with them. Eliminate or at least limit the flow of negativity, electronics, news, etc. into your day. Start off at your own pace. Invite the influences of the world in on your best self -protective terms.

"Time is precious and Life is a Gift!"

Own this and every day. It is yours!



2. Begin Each Day with a Protein Rich Breakfast

Food provides the critical components that fuel your body's ability perform physically. Quality food is essential to optimize the support of mental and emotional performance as well.

Start your day with a **protein rich breakfast** and whole grain carbohydrates. Go light on the fruit, and even lighter on the fruit juices. Don't fall prey to the wrong kind of fruit laden morning smoothie... you know, the 800 calorie sugar bomb that will leave you exhausted in about 90 minutes when you come down from that glucose high.

Protein, particularly in the morning, sets your metabolism properly for the day. Your body gets the right fuel in its tank. You will experience an increase of steady energy while noticing a decrease in cravings.

Eat **breakfast**. Make time for it. Build it into your morning rituals. When this meal is skipped, your body is playing catch up all day. Your body seeks continued energy to feed your mind, and you want to provide it the right energy source. You wouldn't run your Ferrari on 87-octane fuel. Don't try to run your body on a bowl of cereal. Consume real food for real results.

Throughout the day, imagine yourself healthy and fit. Always hold that positive picture in your mind. This will assist your appetite to adapt to the fuels that best serve your body's needs.

Additionally, I get asked about coffee. Yes, coffee is fine. Exercise restraint to prevent consumption of a pot a day, especially if filled with sugar and artificial creamer. Remember to balance everything in moderation to support your efforts to become the entrepreneurial rock star you're destined to be!





3. Eat “Lean, Clean & Green”

During the 12-Day ReBOOT your only other dietary guideline besides breakfast is: Eat Lean, Clean and Green. You will remove a number of foods from your diet completely to cleanse and balance your body.

Eating lean is enjoying an abundance of lean sources of protein like white chicken breast, turkey, coldwater fish, lean beef, and eggs. A food list of approved protein sources below. Consuming protein at every meal will put you on the fast track to energy and strength.

Eating clean means removing all forms of conventional fast food, heavily processed food, and other “junk” food from your diet. During this time, you’ll consume absolutely no refined sugars. Twelve days away from refined sugars stabilizes your blood sugar while insulin sensitivity becomes optimized. Omitting the consumption of refined sugar does wonders for your body on many levels.

Other foods on the do-not-consume list include dairy products, breads and alcohol – including the much-revered red wine. It’s only 12-Days and you’ll be able to expand your food options soon enough. It’s not that any of these foods are necessarily bad; it’s just that in seeking to revive your body these are foods that can inhibit the system ReBOOT.

Fresh fruits in their unprocessed state have natural sugar wrapped in fiber. Therefore you are allowed to enjoy them. Similarly, high quality whey protein, while technically dairy, is lactose-free and therefore permitted.

Eating Green means if it’s a vegetable, especially if it’s green, eat it early and often. Enjoy the rediscovery of everything green during these next 12-Days. Have a salad with breakfast and dip a carrot in a shot of wheat grass. Go crazy. Enjoy your veggies without limits.

Lean Proteins	Carbs	Fruits / Veggies	Healthy Fats	Beverages
Chicken* Turkey* Fresh Fish Lean Buffalo Lean Beef Eggs Egg whites Tofu * Free Range, Organic	Yams, Brown rice Old-fashioned oatmeal Whole-grain pasta Quinoa	Apples Asparagus Avocados Bell peppers Black beans Berries (all kinds) Broccoli Brussels sprouts Cantaloupe Carrots Green beans Green peas Snap peas Spinach Tomatoes Watermelon Yams Zucchini	Unsalted nuts: Almonds Cashews Pecans Walnuts Olive oil Avocados Flaxseed	Water Green tea Herbal tea In moderation: Coffee





"Water is the driving force of all nature."

4. Drink Water in Abundance Daily

Drink at least ten 8-ounce glasses of water daily to stay properly hydrated. For an athlete, a 1% drop in hydration can reduce performance output by as much as 20%.

Similarly, dehydration impedes cognitive function of the brain. For the average person dehydration increases stress hormones, causes an accumulation of toxins in the body, stunts metabolism, increases risk of cancer and accelerates the aging processes. In a dehydrated state the mind and body do not operate at optimal levels.

Your body most effectively absorbs water in small amounts, so it's wise to **drink or sip it throughout the day**. Water that is high quality filtered or bottled at the source is best.

You can enjoy fruit and vegetable juices; however, don't think that these can replace drinking water. Juice is a once-a-day type of thing at most. Drinking too much juice – especially fruit juice – will load you down with too many sugars and calories.

Avoid the consumption of "energy" or "sports" drinks. They are often laden with hidden sugars and artificial additives that are best left unconsumed.

5. Enjoy a Minimum of 7 Hours Restful Sleep Each Night

As you prepare yourself for maximum performance to help facilitate your goals, you're going to need to get the sleep your body requires. Restful sleep is a fundamental necessity for your well-being. Regardless of how busy you are, **sleep is not optional**. The quality and duration of your sleep has a direct impact on the levels of stress you experience and how well you cope.

In one study published in the Journal of Sleep individuals who slept for only 4 hours produced cortisol levels on average 37 percent higher than those who got a full 8 hours of sleep. Cortisol, the stress hormone, triggers both the breakdown of lean muscle and promotes the storage of fat.

During your ReBOOT I'm requesting you **get seven to eight hours of sleep** each night to keep your cortisol levels down. Ideally you'll want this to be restful sleep, where you're not waking up frequently.

Beyond this ReBOOT, I challenge you to continue this practice and make solid and sufficient **sleep a lifelong ritual**.

Be certain to enjoy a low-key, winding-down period before going to bed to improve the quality of your sleep.



"To achieve the impossible dream, try going to sleep."



"Less is more"

6. The eFast Principle: Say "No" In Order To Create Space for You

As a coach to entrepreneurial executives, I often see what I have labeled as the "Superman Syndrome". What I mean is that I often see clients, particularly younger ones and/or ones in startups, saying yes to everything.

I make the emphatic statement that, "**Less is more.**"

Stop the entrepreneurial nightmare of doing everything all the time - like the mouse in the spinning wheel. Step out, catch a breath.... this is a fasting from being entrepreneur.

I've named this the **eFast Principle**:

- **Say "No"** when asked to take on more work. Delegate it or let it go undone for a week. If it's truly important, you will hear about it.
- **Do only what you love to do** and that which truly contributes. You have employees and team members for that busy work.
- **Be only strategic.** During these 12-Days resolve to eliminate tactical thinking. Be strategic about prioritizing yourself as first, family second, and company last. Yes, this is shocking to many – **do it**. In the long run, you will be a much better executive for it.
- **Go home early.** Abstain from working late. Release the feeling that compels you to be at the office the longest.

You are fasting from your busy work and tactical work – and in doing so you are clearing your mind to nourish the fertile grounds of your creative, entrepreneurial mind.

After this ReBOOT and your eFast, there's plenty of time to work on your business (instead of in the business/"busyness") and on your life. For the next 12-Days, be selfish in a most healthy way.

Take care of yourself first. Without you, there is no company. Without you, there is no family unit. Your healthy body and healthy mind are needed for healthy relationships and wealth creation. Take care of you!

7. Keep a Food, Mood and Energy Journal

Besides rejuvenating your body, the Lean, Clean and Green eating practice will help you develop an understanding of how food affects your state: your energy levels and mood.


I've found keeping a daily food journal a powerful awareness practice. Use the Daily Nutrition Success Tracker on the following page to **track everything you eat and drink** each day as well as how you felt (mood and energy) following each meal. Print out 12 copies, one for each day.

By sustaining Lean, Clean, and Green meals all day, and keeping a journal throughout, you'll come to understand the relationship between what you eat and how you feel. You will become incredibly self aware by the end of the 12-Day ReBOOT. You will be armed with the ability to directly draw a correlation between the food you consume and how it specifically affects you.

Post ReBOOT, this enlightened food awareness will reveal the adverse affect when you eat something that sinks your energy; like an overdose of simple carbohydrates or high fat foods.

Once you know better, you do better. You learn is every bite of food either nourishes you, leaving you **energized, focused and feeling great** or it tanks you.

This increased awareness of how food impacts your mood, energy levels, and performance is a giant leap step towards freedom from dieting – It is the basis for creating a lifestyle where you freely choose the foods that are the best for you to optimize energy and nourish your body and mind.



"You learn is every bite of food either nourishes you, leaving you energized, focused and feeling great or it tanks you."

	This is what I ate	How I felt after (10min/1,2,3 hrs.)
Meal #1 7:15am Home		
Meal #2		
Meal #3		
Meal #4		
Meal #5		
Daily Strength Notes :		

8. Move Your Body

Of course we should exercise, we all know that. Some of us cannot for medical reasons; some of us struggle because we just plain dislike it.

This is not a statement about exercise. The focus here is **to move often during the day**.

Consider the sedentary nature of most jobs. More specifically, each day how long are you sitting still at work and in the car?

Now, think about simply moving once an hour. The key to focus on here is not allowing your body to be still for more than an hour. Simply set your alarm for once an hour, stand up, have a drink of water, and walk around when the reminder sounds.

Additionally, we work inside all day. Implement a ritual to get outside for a breath of fresh air twice a day. For example, walk to an outside spot to eat your lunch or have a healthy snack, even in bad weather. A headset and mobile device can allow you to be on a call while standing and moving, inside or out.

Use a movement break to phone your spouse or significant other, just to say hello. Call your kids to tell them you're thinking of them.

These intentionally created opportunities to move **will benefit both your mind and body** with the added benefits of improved: postural alignment, oxygen exchange, blood circulation, focal acuity, mental focus, mood, Vitamin D levels, and insulin sensitivity to name only a few.

You will have more energy, more creativity, and you will sleep better. I'm willing to say that your relationships will improve, too, both at work

"It's precisely those who are the busiest who most need to give themselves a break."



9. Get Out of Your Normal Spaces

Rituals are great; much needed. They can bolster personal accountability and inspire progress. However, a stagnant routine can wear us down rather than contribute to our happiness.

Invite inspiration to infuse your world for the exponentiation of personal positive influences and experiences. Realize that you are the average of the five closest friends in your life.

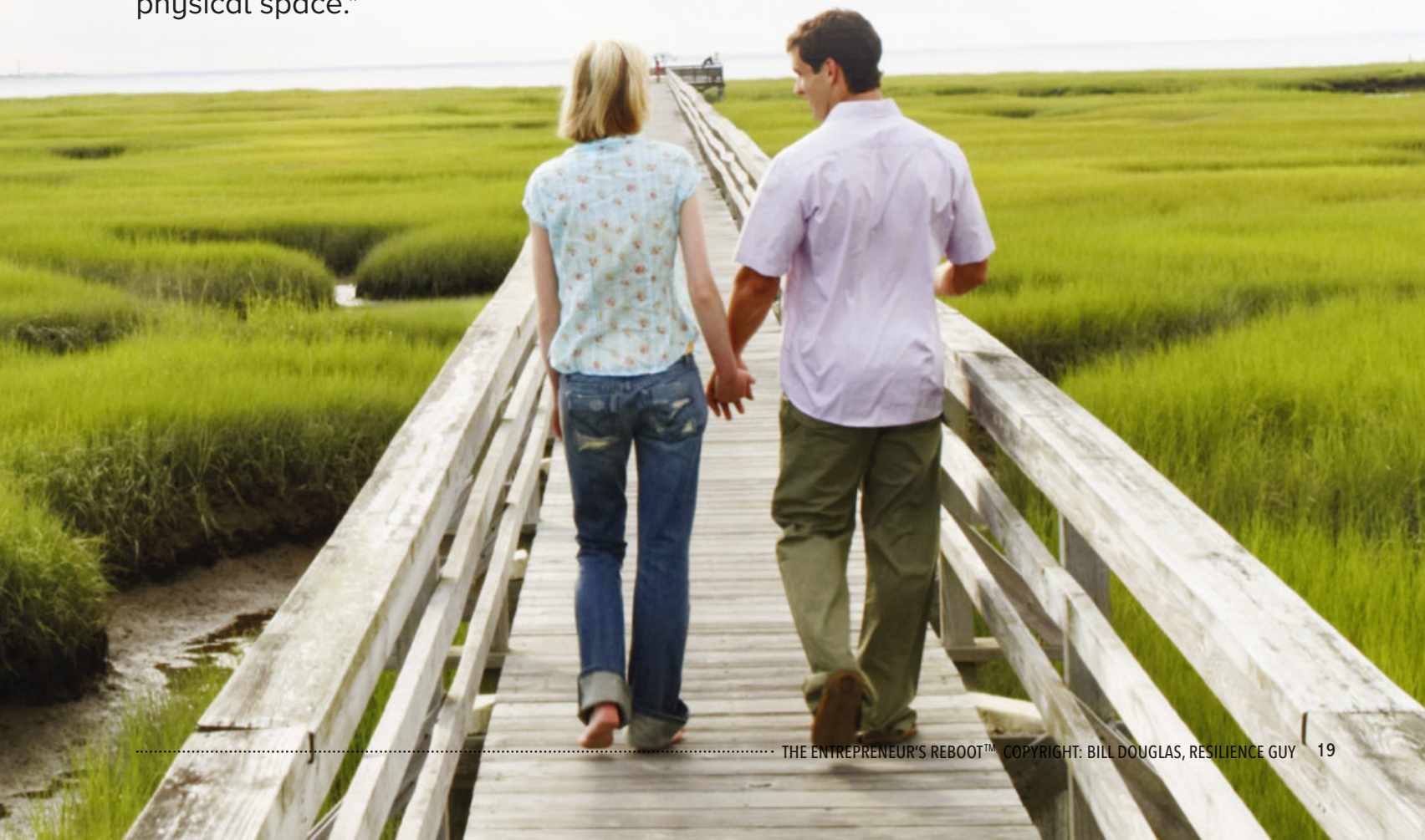
Evaluate your personal circles: Entrepreneurial connections, professional relationships, neighborhood enclave, communal associations, immediate family, and personal friends. How can you expand those circles? When will you meet new people? Where will you find the people that inspire and motivate you to up your personal game?

Determine which connections can benefit from an upgrade then **seek connections for relational fruition**. Some of our relationships are permanent fixtures in our lives. In these cases, it is important to focus on upgraded quality for enhancement of that connection.

Expand your territory. Create new experiences to get out of your routine physical space.., Go to a different coffee shop visit a different gym, play a round of golf at a new course, or attend a meet up group for an interesting topic.

Most entrepreneurs crave "new". Not new stuff... new challenges and new learning. I encourage you to feed that craving. It is a strength!

"Create new experiences to get out of your routine physical space."



10. Express Gratitude Daily

The thoughts that occupy your mind moment to moment either elevate your energy and provide you a sense of power and freedom or drain you, adding stress and bringing you down. It's that simple.

Gratitude is like a muscle. Use it to groove it.

Your ability to feel appreciation and find the positive in everything is strengthened through regular training, just like your muscles. That's why your 12-Day ReBOOT includes a simple practice of expressing gratitude and appreciation each morning.

Each day find something or someone for which you can quietly **express gratitude**. It could be the view outside your bedroom window, the sounds of the city coming to life or your partner sleeping beside you. Just be thankful in the moment. Be fully present to just feel the gratitude.

A great way to build this muscle of gratitude throughout the day is by reflecting on your appreciation for anything you enjoy. Once again, it's as simple as taking a moment to be grateful for all that you have and all who are involved in supporting your life. As you acknowledge a moment of gratitude, note it and let it soak in. This simple practice will guide you to see more and more of all that is good in this world.

As Lou Tice, a highly respected educator and chairman of The Pacific Institute, says "Your perception creates your reality; **what you focus on becomes the world you create.**"

Allow me to share one of my rituals. Each morning I state the following to myself, starting my day with positivity and gratitude:

Thank you for this amazing day. May the spirit of life move through me in order to help others. Please give me the energy, awareness, presence, and purpose to live youthfully in abundance. Life is a Gift and I am grateful for today!

It's Your Choice. Don't cheat yourself.

You are the ultimate judge for the authenticity and effort concentrated for your own success. You can pretend you made it or allow yourself a slip but why cheat yourself?

You can choose to keep your commitment for these 12 short days. Achieving this personal success by remaining honest to your mission fosters candor and determination that will positively impact your resolve to complete other personal and professional challenges. In short, you load the odds in your favor to **achieve significant and lasting change**—a transformation!

Imagine the entrepreneur you have yet to become. Envision the experience a life of living as the parent, the spouse, the leader, and the friend you are destined to be!

Years of experience and thousands of people going through this ReBOOT before you have confirmed that the real, transformative impact happens as a result of the consistency to follow the prescribed practices.

The Entrepreneur's ReBOOT is the proving ground for yourself and foundation for your endeavor called life. Stand confident that at the successful completion of this ReBOOT **you will feel better, stronger, and more creative with more motivation than you have in years.**

What else will you accomplish – how will you change your world by living your life with strength: strength for yourself, strength for your family, strength for your business, and strength for your community?

Embrace the fact that you do have what it takes to complete this unique 12-Day Entrepreneur's ReBOOT – and the strength to **enjoy a complete and amazing life.**

>> Let the ReBOOT begin!





Meet Bill Douglas, "Resilience Guy"

My closest friends began calling me ResilienceGuy years ago after several very interesting occurrences in my life and my relentlessly positive outlook. I truly believe **Life is a Gift!**

Over the past 30 years since college I have:

Professionally: started/sold/acquired/exited multiple businesses, raised capital, had investors & partners, made the INC growth & other awards lists multiple times, seen several upturns/downturns, awarded a US Patent, done turn-arounds, been on boards, and more....

Personally: had two near-death experiences, been divorced, am a single father, was rocked by a medical diagnosis, volunteered in the aftermath of a massive natural disaster, sought personal growth, intentionally gained 38 pounds in one year, and more....

I am a graduate of **Georgia Tech** and the prestigious **Entrepreneurial Master's Program at MIT** Enterprise Forum.

I've seen both sides of life and both sides of success. Many experiences have molded me.

I share that knowledge and those experiences in order to help others, because a core value of mine is to give my mind and my heart so others will succeed.

My passion is in helping entrepreneurs grow and become stronger, particularly those in the midst of or recovering from life altering moments.

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