**Biography:**

Let me start with a little blurb about myself. My name is Matthew; but you can call me Matt or Matteo. I was born and raised in the Pittsburgh area, but the things I am passionate about transcend geographic location. I love human development in all areas; whether that means psychological, emotional, or physical growth. I consider myself a conduit of passion and enthusiasm so that other people can learn, grow, and get better at whatever they choose to do because of me. That is my goal: to help people find their purpose, improve their life circumstances, and get the things that they want.

For the past 3 and a half years I’ve been on a search essentially, a search that expanded myself and my horizons, but I also set out to discover more about myself. Mostly I’ve been an introverted person, but I forced myself way out of my comfort zone. I tried talking to more and more people and become more socially oriented. I used to be very shy and introverted in high-school, and yet as someone about to finish their senior year in my undergrad education, I cannot describe the mental/emotional transformation that I, as sure as many others have gone through once trying out new things. Myself, along with many others, have undergone a personal transformation of self-esteem, character, and personality that really can define who you are as a person, friend, worker, and lover.

I picked up my first book, *How to be a 3% Man* by Coach Corey Wayne, another Internet-based life coach. I was astonished that what he suggested worked so well. Popular media like television, radio, and Internet articles influence our beliefs, perceptions, and mindsetsshit load of other people, I was always under the belief that I had to be an athlete, jacked, make a ton of money, in order for women to talk to me. I was astounded when I first tried to talk to women, that I actually got a response! Even though I didn’t consider myself essentially that “popular, athletic, or jacked”.

I like to think all of us have something that we want to accomplish in our lives; we have something that we want to do or something that we want to learn. Whatever the definition of “success” is, we need to have some roadmap of our way there. We want to do great things; I don’t think it is a stretch to say that people desire nice and pleasurable things in our lives.

So what I am here to help you to do is to focus in on that exact thing that you want to do; maybe you want to become a civil engineer and build great bridges. Maybe you want to fulfill your dream of becoming and international pop-star? It’s your life to live, only you can decide what is really important/worth following for yourself.

Being human, I’ve struggled with a great many of things; I struggle to figure out what’s important, what is noble and good. But that’s not the point of this article; the point is to really figure out what you want to do next.

In your own life, you might have a lot of things that want to accomplish; whether you’re an engineer, artist, financial advisor, or world traveler. We all need a plan to get there; we need a game plan to get to the places you want. Maybe you want to make a shit-ton of money, you want to make a million dollars because you want to be an important person in the world; well it doesn’t just fly into your hands, unless you win the lottery, but good luck winning those odds.

Right now is Super Bowl 51 and we are watching the