

Michelle Bradford <michelle@heartcoreworx.com>

Congratulations! You Are IN!

1 message

B.B.U On Demand: Armor Your Mind, Body & Soul

Soul

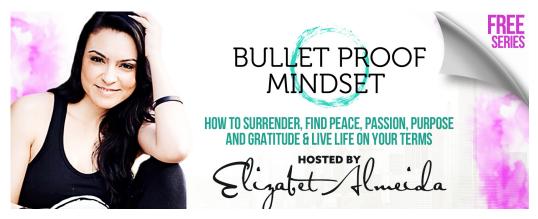
Soul

Soul <b demand@d.kajabimail.net> Reply-To: buildingbodiesuniversity@gmail.com

Tue, Dec 15, 2020 at 9:45

To: michelle@heartcoreworx.com





Hi Michelle,

We are excited that you have registered for our very first Bullet Proof Mindset 1 Day Summit! It will be airing Friday, December 18th, 2020.

In this email you will find everything you need to have an incredible experience as an attendee! Please read these important registration details so you don't miss a thing.

But, first, let me tell you why I feel honored to have the privilege of hosting the Bullet Proof Mindset Summit.

For the past 6 years I've been on a journey, on quest of healing and rediscovering who I am. I have learned the importance of mastering the mind and that I have the power to control and adjust my emotions by surrendering rather than controlling everything. I have learned that it is all connected in order to fully heal from our past. I was and continue to be fully committed in conditioning my mind, body and soul in order to live a full, joyful and abundant life. I was my calling, my responsibility to share this with you. I want to share with you, conversations and interviews with some incredible human beings that will share vulnerably how they mastered that Bullet Proof Mental Toughness Mindset through trying times in their lives and how they rose above it all. During these uncertain times in our lives where things are constantly changing and shifting, we want you to know that there is a place where you can stay connected to your souls and live life on your terms.

HERE'S WHAT YOU ARE ABOUT TO EXPERIENCE:

Get ready to get Energized! Get ready for your Soul to get poured into! Get ready to take action! Get ready for your soul to be fired up and ignited! Our amazing experts are pouring their hearts, sharing some chapters of their lives in hopes that their stories transform your lives too.

HOW TO WATCH EACH VIDEO INTERVIEW:

On Friday, December 18th the day of our Summit we will be watching each interview together. Which will give us an opportunity to have a conversation about the many take always from each interview and experts story.

Yours in Strength,

Elizabet Almeida

"It All Begins and Ends in our Minds"

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