

# COACH HUNT'S LASTING MESSAGES

## FOR A BALANCED AND WELL-ROUNDED PERSONALITY: P.I.E.S.

1. **(P)**HYSICAL: KEEP IN SHAPE AND GOOD HEALTH
2. **(I)**NTELLECTUAL: KEEP LEARNING. BE A STUDENT OF LIFE.
3. **(E)**MOTIONS: BE AWARE OF YOUR FEELINGS, KEEP YOUR ENERGY IN CHECK
4. **(S)**Ocial: BE OF GOOD SERVICE TO OTHERS

## PERSONAL DEVELOPMENT VIDEO

1. DO YOU KNOW WHO YOU ARE? [https://www.youtube.com/watch?v=E44kFkyl\\_Y8](https://www.youtube.com/watch?v=E44kFkyl_Y8)
2. WIM HOF MEDITATION <https://youtu.be/tyb0i4hjZfQ?si=CxISxDplxeVZqnp>
3. VISUALIZATION IS THE KEY BY BOB PROCTOR <https://youtube.com/shorts/d-iqvEJUu5g?si=NZAfHdhskQRIVOpL>
4. It Works (1926) by RHJ <https://youtu.be/kju5bfjuKvY?si=Hz47ldtVauRm10Is>
5. NAPOLEON HILL'S MASTER KEY - COMPLETE SERIES  
[https://youtu.be/JfqDvi8b4gg?si=Sx\\_cdn-BmFnVU8fW](https://youtu.be/JfqDvi8b4gg?si=Sx_cdn-BmFnVU8fW)

## ACTION TASK(S)

1. WHAT DO YOU WANT TO BE WHEN YOU GROW UP AND HOW WILL YOU ENSURE YOU ACHIEVE YOUR GOALS?
2. DO YOU WANT TO BE AN ENTREPRENEUR, AN EMPLOYEE OR BOTH?
3. WHAT ARE THE THREE MOST PROMINENT WAYS TO ESTABLISH WEALTH? *SELLING A PRODUCT/ SERVICE, OWNING REAL ESTATE, AND INVESTING IN THE STOCK MARKET.*
4. WHO ARE THE RICHEST SELF-MADE PEOPLE IN THE WORLD AND WHAT DID THEY DO TO ACHIEVE THEIR WEALTH? (RESEARCH 10-30 PEOPLE)
5. WHAT ARE THE HIGHEST-GROSSING COMPANIES IN THE WORLD?
6. WHAT ARE THE CURRENT SKILLS THAT PROVIDE THE MOST VALUE IN THE FUTURE? *FOR EXAMPLE KNOWING HOW TO CODE.*
7. MASTER YOUR EMOTIONS.
8. MASTER YOUR SELF-DISCIPLINE. *CARRY OUT TASK DESPITE HOW YOU FEEL.*
9. IMPLEMENT MEDITATION. *LEARN HOW TO QUIET YOUR MIND AND FIND ANSWERS.*

## QUOTES

1. "SUCCESS LEAVES CLUES."-BY TONY ROBBINS
2. ALWAYS LOOK FOR AN EDGE. DO EVERYTHING YOU CAN TO TURN THE PERCENTAGES IN YOUR FAVOR, INTELLECTUALLY, EMOTIONALLY, AND PHYSICALLY." - BILL RUSSELL
3. "ACTIVATE AND LIVE IN YOUR ENERGY OF EXCELLENCE." -COACH HUNT

## BOOKLIST THE AUDIOBOOKS CAN BE FOUND ON YOUTUBE

1. AS A MAN THINKETH BY JAMES ALLEN
2. THE GAME OF LIFE AND HOW TO PLAY IT BY FLORENCE SCOVEL SHINN
3. THE PSYCHOLOGY OF MONEY MORGAN HOUSEL
4. RICH DAD POOR DAD BY ROBERT T. KIYOSAKI
5. THE LAW OF SUCCESS BY NAPOLEON HILL