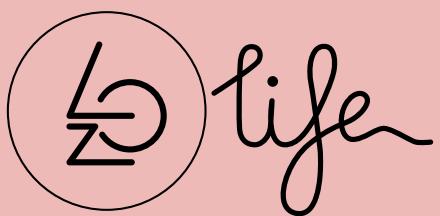


# 30

## MASTERY TIPS



**The following simple hacks identified in this e-book will help you understand your capabilities and reach your full potential.**

## **FREE 1 ON 1 HEALTHY HABITS CONSULTATION**

**VALUE  
\$150**

BOOK AT **LOZLIFE.COM**

**FREE HABIT QUEST**



You can start implementing these today to set you on-track to arriving at the ultimate destination of sustainable wellness.

***The only person who can make a change to the way you feel RIGHT NOW and TOMORROW and the NEXT DAY is YOU.***



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To accomplish any success, you need to be truthful about yourself. You have to comprehend who you indeed are.

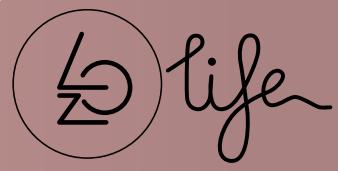
I'm Loz, and I have been overweight, under-energised and generally feeling lost within the chaos of my life. I had tried everything, and still, I couldn't find internal and external alignment. I

didn't have the tools to show me how to understand who I was and of what I could achieve.

Now, as a Healthy Habit & Life Coach, I want to help you realise your true potential. I can show you what I have learnt and am living proof that when given the correct tools, you too can master every area of your life.

If you are looking to maximise your potential and take control of your future, but not sure where to start, join me on my 66 Day Mastery Mastermind Program and let me show you how to succeed. You won't believe just how easy it is once you have the know-how.

X 



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# WHAT IS MASTERY



**#1**

## UNDERSTANDING

Mastery is the understanding of our capabilities and using them to achieve our full potential.



**#2**

## MASTER

You have to know what you can do and what to improve. If you're going to become a master, it's imperative to be sure of yourself and not live under any illusions.



**#3**

## KNOW YOURSELF

You can stand on your own when you know your limitations as well as your potential.

# WHAT IS MASTERY



#4

## DEVELOPMENT

Nothing in the world remains the same and neither should your belief in yourself. It has to keep developing.



#5

## BELIEVE IN YOURSELF

Belief in yourself is subject to time and own experience. As life progresses, we learn new things, and hence our confidence in ourselves should become stronger.



#6

## LIVE

Continue to learn new things, acquire more experiences, diversify your viewpoints of life, meet unique individuals, and live.

# WHAT IS MASTERY



**#7**

## BELIEVE INTENSELY

Because you believed so intensely in it, you'll be able to accomplish it.



**#8**

## STRESS

Stress is our body's way of responding to challenges.



**#9**

## PRESSURE

It is common for us to feel pressure when something wrong happens or when we encounter challenges that we can't handle.

# WHAT IS MASTERY

#10



## MANAGE STRESS

For us to manage stress, we need first to identify the things that cause us stress.

#11



## PATTERNS

All of us usually respond to stress and anxiety in a patterned way. The first stage is we recognize that we are stressed, and we know how it affects us at a certain level. The next step is we become more aware of the manifestations of stress, and we respond to it the way we recognize it. Knowing how we react to any stress will significantly help us in overcoming fear.

#12



## INSTINCTIVE

When our body recognizes a threat, our nervous system instinctively releases stress hormones containing adrenaline and cortisol.

# WHAT IS MASTERY

#13



## ATTEND TO YOUR STRESS

If stress stays within us and is left unattended, it will possibly lead to many illnesses and emotional instability.

#14



#15



## IDENTIFY CAUSE

Tension is tricky. We frequently state “I’m so stressed out!” However, we may have trouble working out what is causing it.

## SUCCESS

We are aware that the best way to attain success in whatever plans we have is to have clear and achievable goals. But the problem is, how do we set goals correctly and effectively?

# WHAT IS MASTERY



**#16**

## PLANNING

**M**ost of us wanted to advance our career but unable to do so because of poor planning.



**#17**

## EXPECTATIONS

**B**ecause of a scarcity mindset combined with disbelieving heart, a lot of us fall short of our expectations.



**#18**

## UNDERSTAND

**Y**ou have to understand that success is NOT designed, nor destined, to be given to a selected few.

# WHAT IS MASTERY



**#19**



**#20**



**#21**

## GOAL SETTING

You have to have a clear motive and timeline for each goal you have throughout life.

## ACHIEVE

There are ways to help you set achievable goals, a basic outline that you can utilize to come up with goals that are attainable and realistic. It allows you to experience both real and emotional fulfilment when you have attained your goals.

## HABITS

Even when you know what you want to accomplish and how to accomplish it, altering deeprooted habits may be hard.

# WHAT IS MASTERY



#22



#23



#24

## RESPONSIBILITY

You are the only one responsible for how your life turns out. Your habits will either make or break you, you're the one who has to deal with the consequences in the long run.

## CONSEQUENCES

Like it or not, your habits affect the lives of other people. Have you ever taken the time to think about the consequences of your actions.

## DON'T WAIT

Please don't wait for great habits to establish themselves or for bad habits to give out on their own.

# WHAT IS MASTERY



**#25**



**#26**



**#27**

## PRODUCTIVENESS

**D**iscover your peak cycles of productiveness, and schedule your most crucial jobs for those times. Work on small tasks during your non-peak times.

## STOP PROCRASTING

**B**reak procrasting and take action right away after setting a goal. You can always adjust your course along the way.

## FORGE GOOD HABITS

**A**ll habits are not the same, so take the time to forge crucial ones that may make a genuine difference in your life and the lives of other people.

# WHAT IS MASTERY



#28



#29



#30

## ACHIEVE GOALS

**A**nyone can come up with a goal, but not everyone can achieve it.

## TAKE THE FIRST STEP

**A**s with everything in life, the first step towards change is always the hardest. Coming up with thoughts to prevent you from starting the journey is natural.

## SUCCEED

**A**lways plan to achieve your goal. A step by step plan will help you succeed.



#### **MORE INFORMATION**

Visit my website to find out more information about leveling up your life and the 1 on 1 Healthy Habit Mastery Package I offer.

## **JOIN NOW 66 DAY MASTERY MASTERMIND**

FIND OUT MORE  
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MASTERY MASTERMIND**



**Master your  
mindset and  
live a happy  
healthy life.**



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