

Key Seminars Introduces the

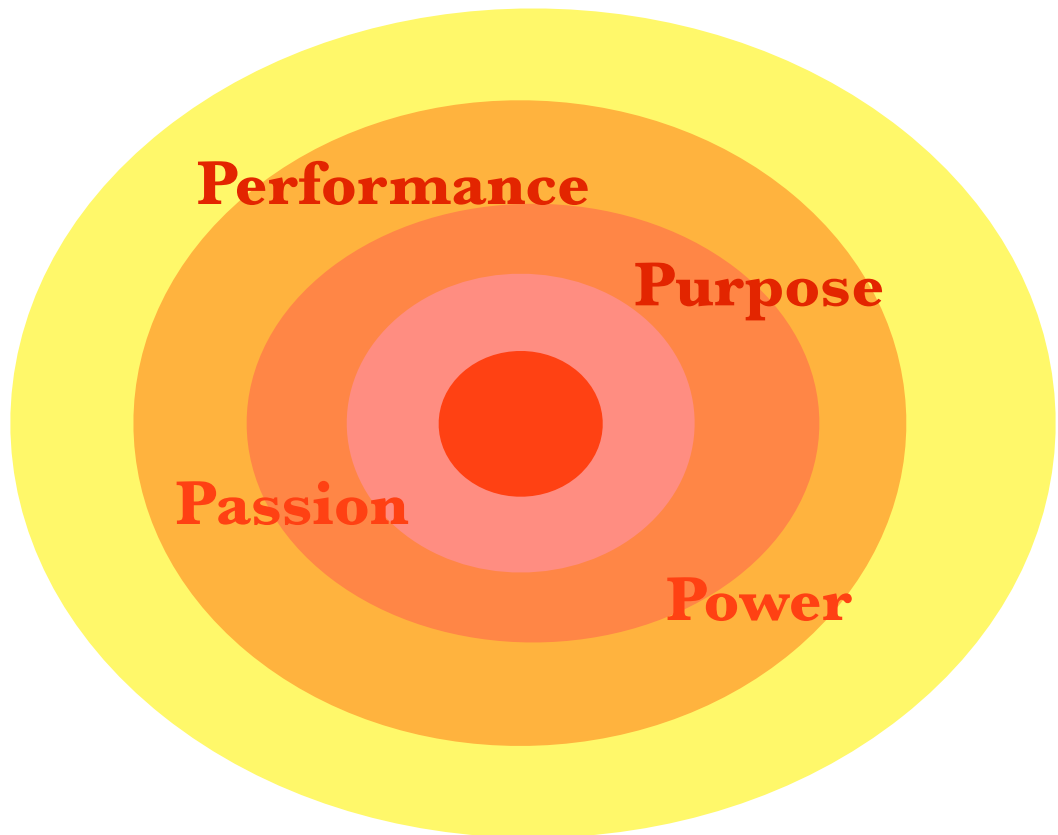
# CORE PERFORMANCE

## 90-Day Challenge

Get Ready to Change your Life for the Better Right Now

Discover the key to your core strength

You may not be able to change your life over night, but you can change the direction right now!



**The goal of this program is to help you improve your level of energy, your mental and physical health, the quality of your relationships and your overall happiness and satisfaction with life.**

*By utilizing research based in positive psychology, emotional intelligence, diet, nutrition, and the science of motivation, The "CORE Performance System" was created. For the 90-Day Challenge, you will get to personally experience the power of creating positive habits. Simply choose one habit that you would like to incorporate into your life and commit to applying it for 90 days.*

I will serve as your online coach. Feeding you inspiration, information, and by encouraging you to not take on too much. The objective is to make this easy and simple to implement, and not to set yourself up for failure. I don't believe in diets, fads or quick fixes. The key to success is to practice simple disciplines every day. Select one new habit and commit to it until it requires no energy and it is a part of who you are. The accumulation of one positive habit at a time is what will lead you to unprecedented success.

### **Are You Ready for the Challenge?**

**Email me & join me on Facebook at Michele Phillips Key Seminars - CORE Performance**

**Peak Performance Expert Michele Phillips [mphillips@keyseminars.org](mailto:mphillips@keyseminars.org) 914.391.8808**



1Michele Phillips is recommended by Pfizer, ITT, COACH, Barclays Capital, Strkyer, Credit Suisse and TAG Heuer to name a few.