



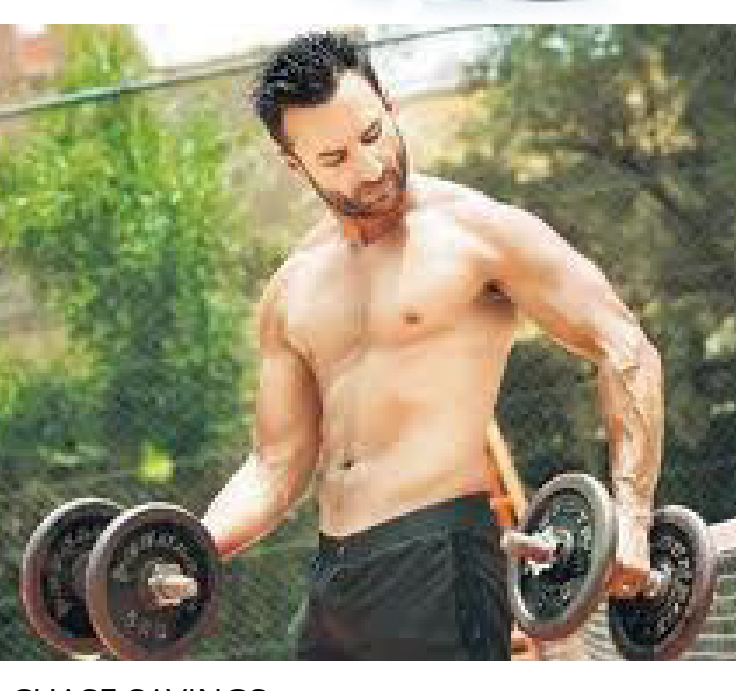
I ❤️ ME "SUCCESS BEGINS IN THE MIND"

"If your compassion does not include you, it is incomplete."

KEEP CALM AND HAVE HIGH SELF-ESTEEM

KEEP CALM AND TRUST YOURSELF

Affirmations to boost Self Esteem and Self Confidence



CHASE SAVINGS (1451)

NO PMO FOREVER



DISTRACTIONS

Awareness is the greatest agent for change.

focus on his new

ALPHA High Self Esteem

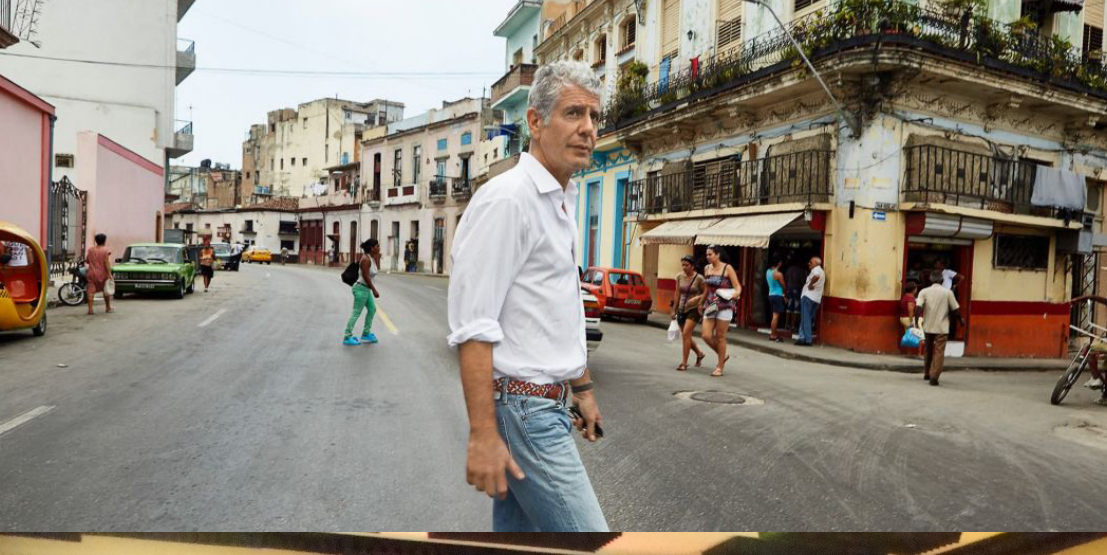
- Seeks challenge and stimulation
Ambitious
Strong desire to express self
Open, honest and appropriate communications
Form nourishing relationships
Willingness to admit mistakes



CONFIDENCE IS LIKE A MUSCLE: THE MORE YOU USE IT, THE STRONGER IT GETS.

High self-esteem comes from feeling like you have control over events not that events have control over you.

CONFIDENCE COMES NATURALLY WITH SUCCESS BUT, SUCCESS COMES ONLY TO THOSE WHO ARE CONFIDENT



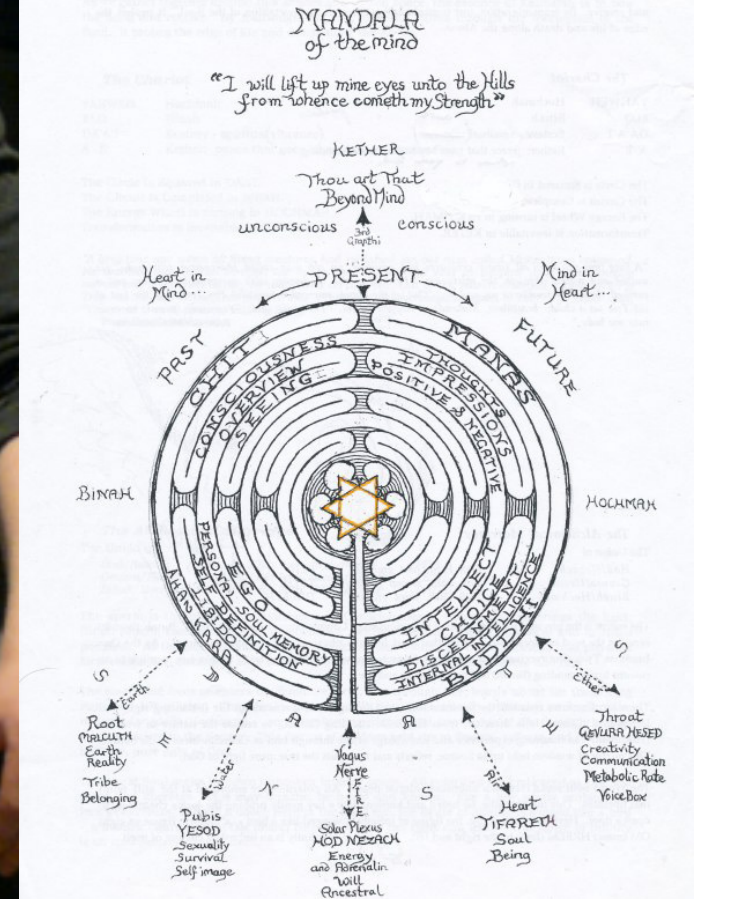
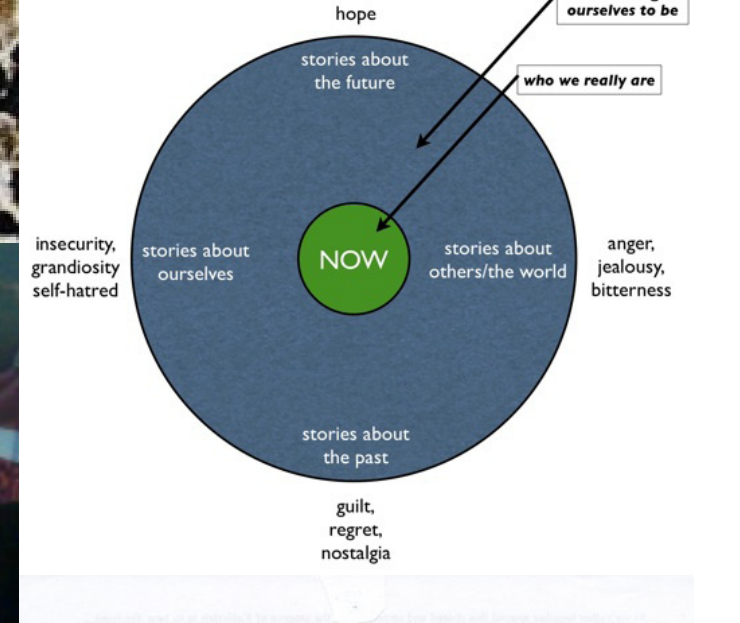
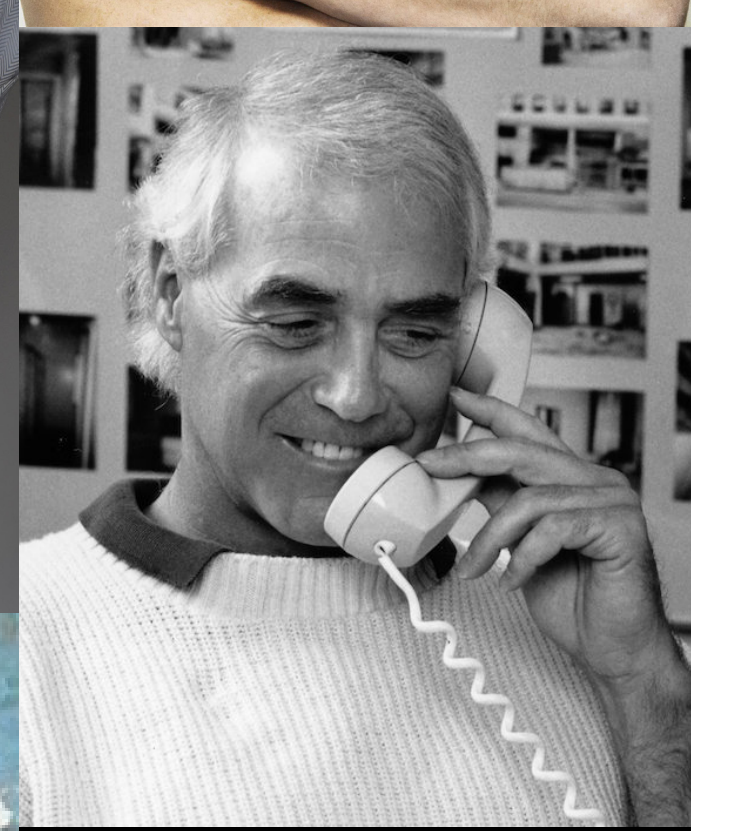
NYC Alpha ALPHA ARCHITECT



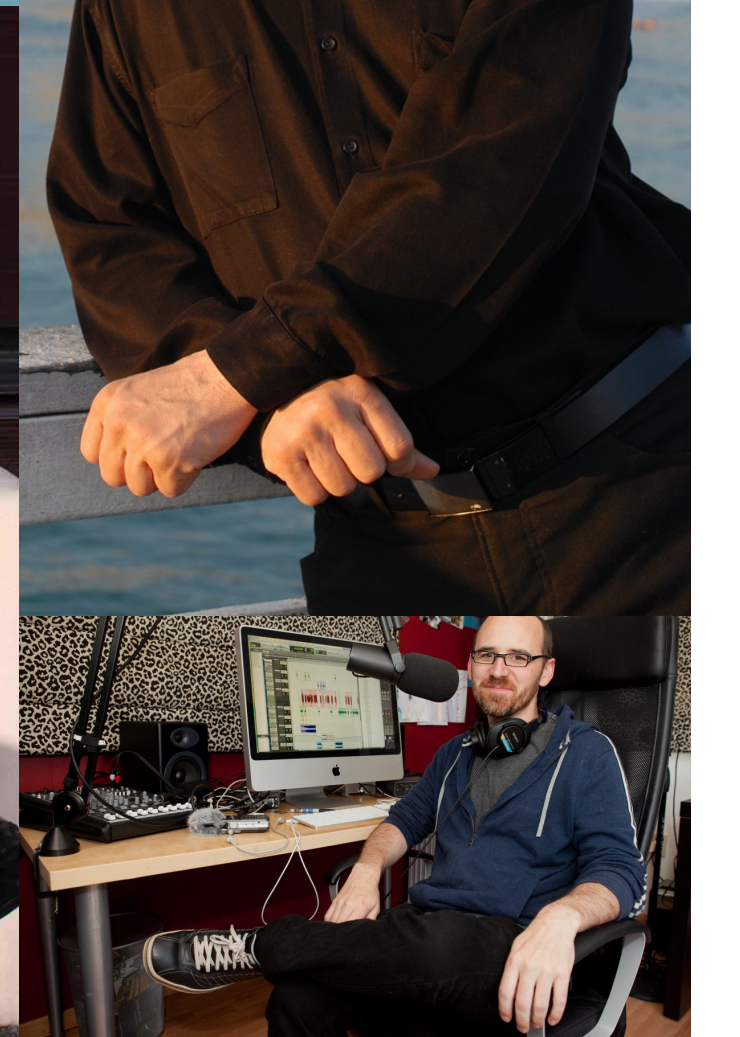
Day 1 - Benchpress 5sets - 6 reps - failure
Seated row - 5sets - 8 reps - failure
Incline bench - 5sets - 8 reps - failure
Bent over Row 3sets - 8 reps - failure
Dumbbell chest fly 3sets - 12 reps - failure
Lat Pulldown 4sets - 8 reps - failure

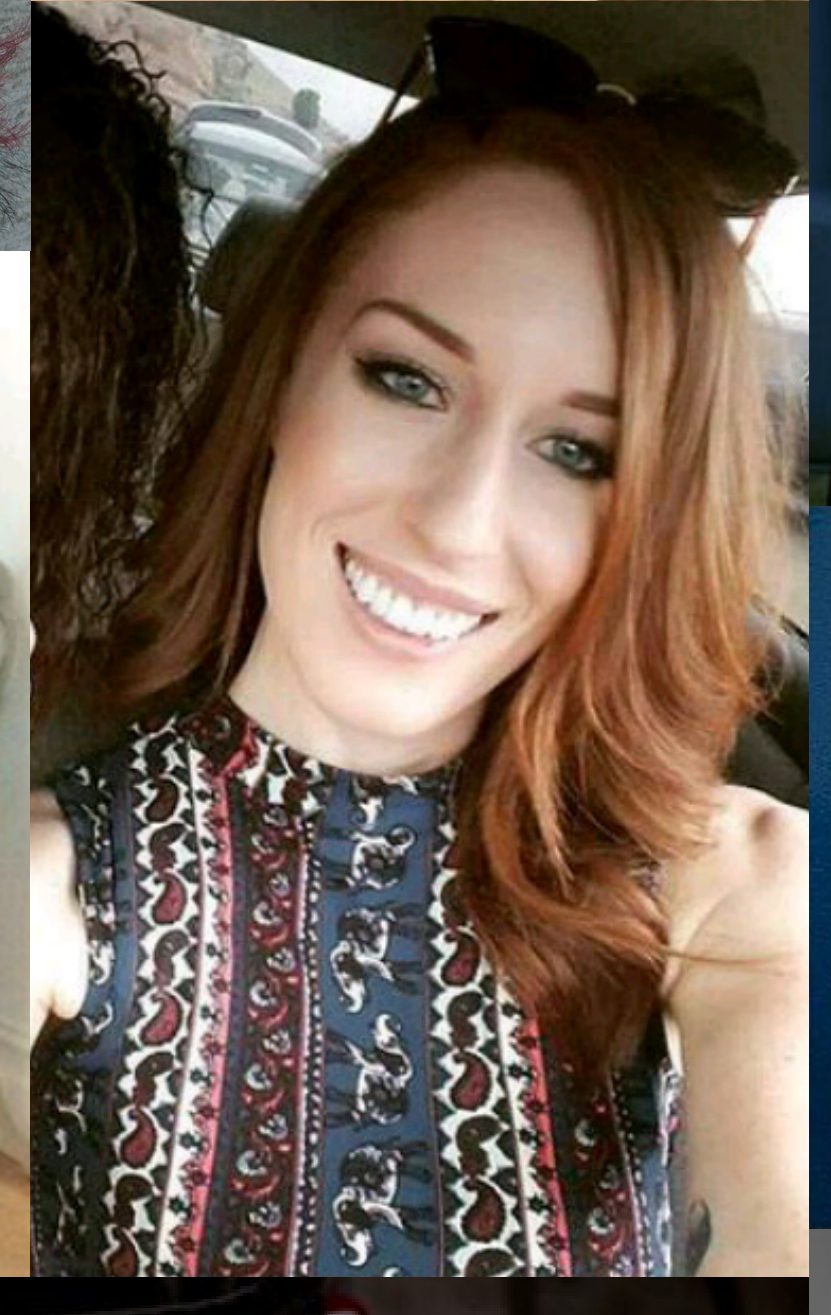
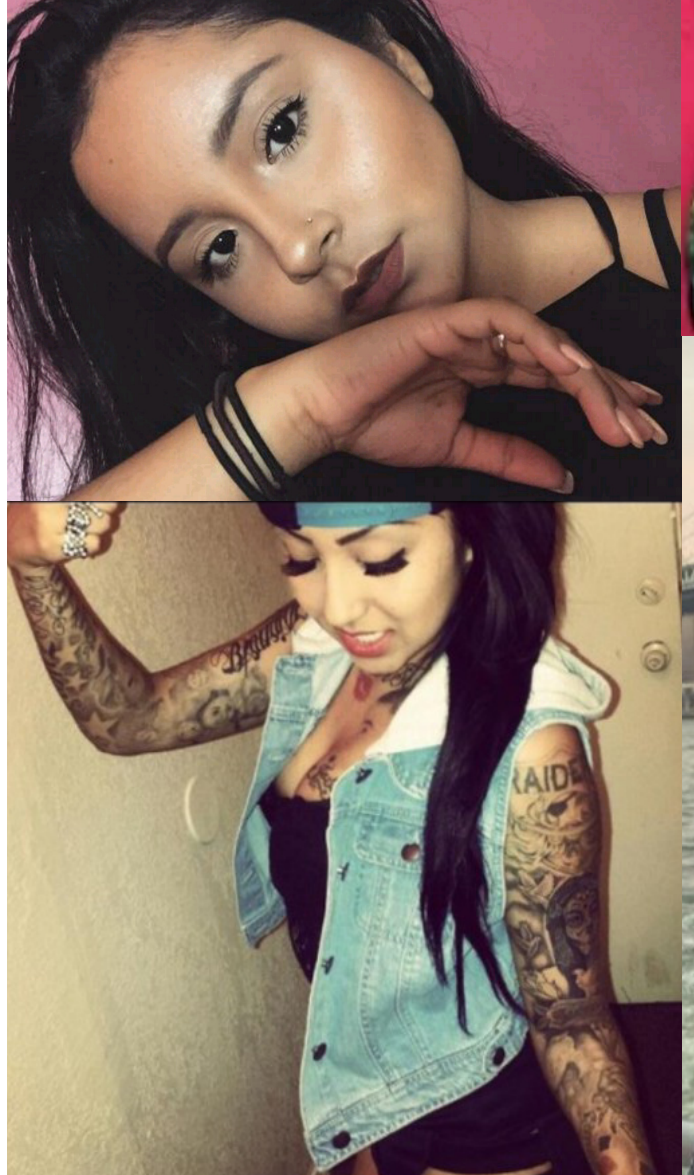
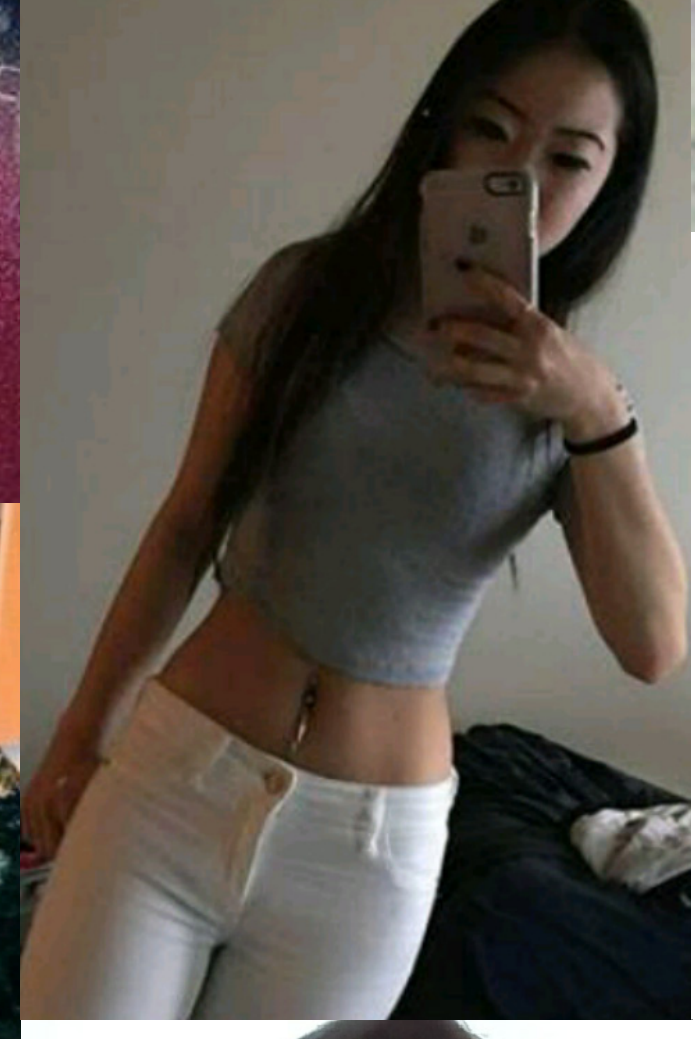
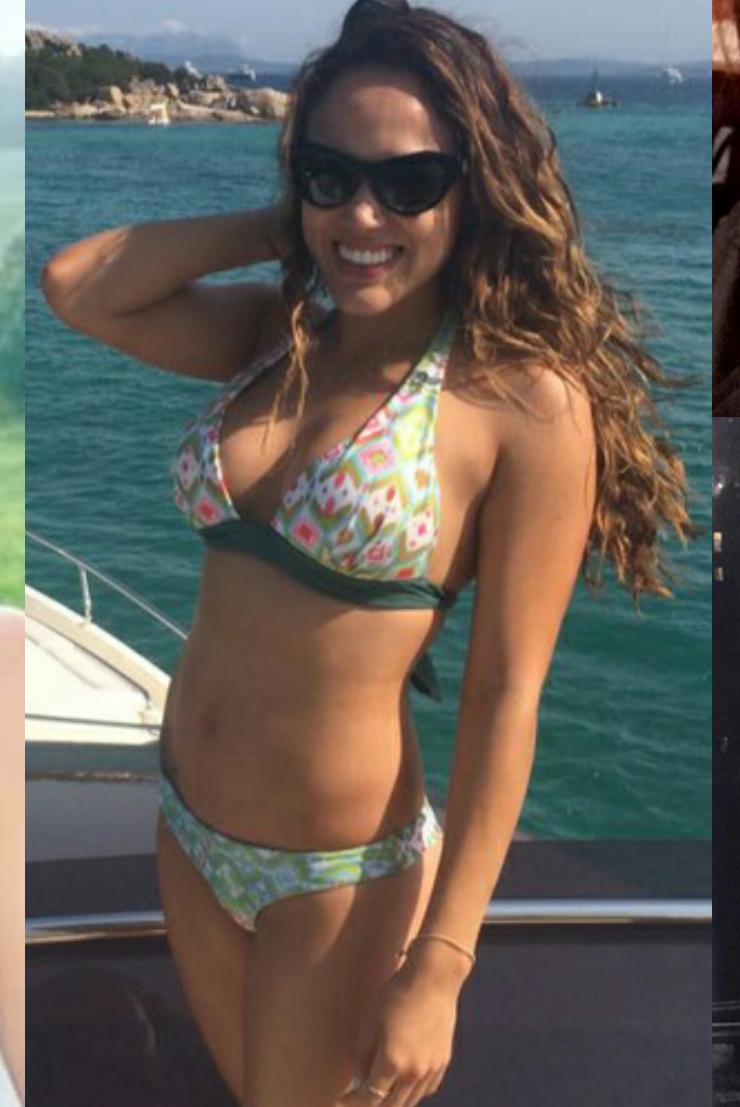
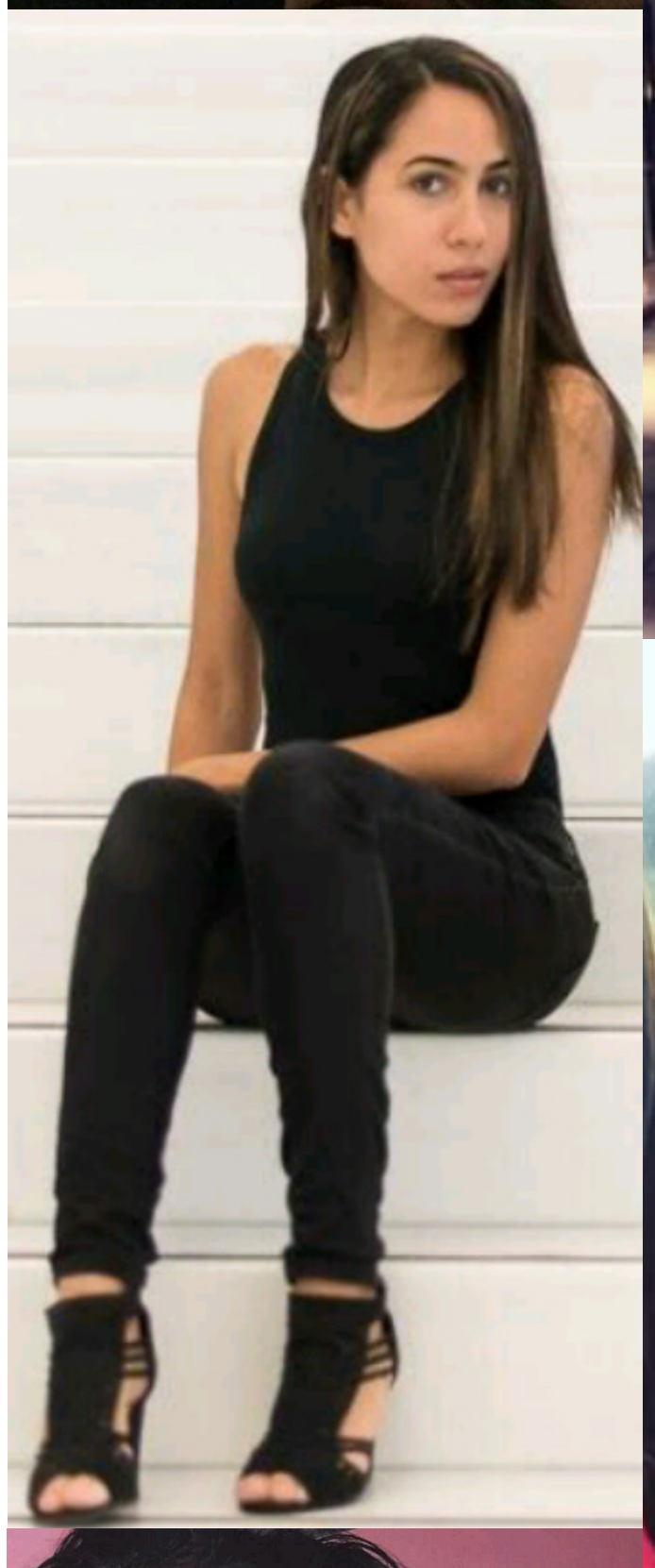
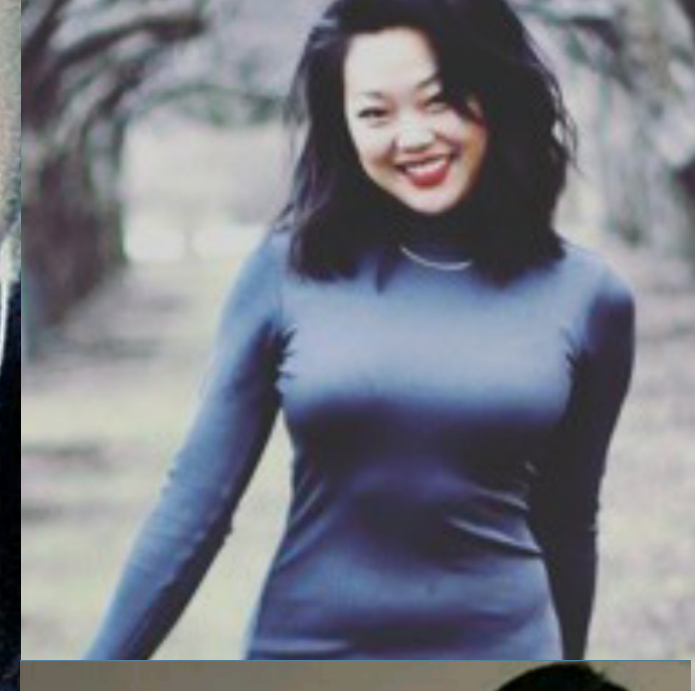
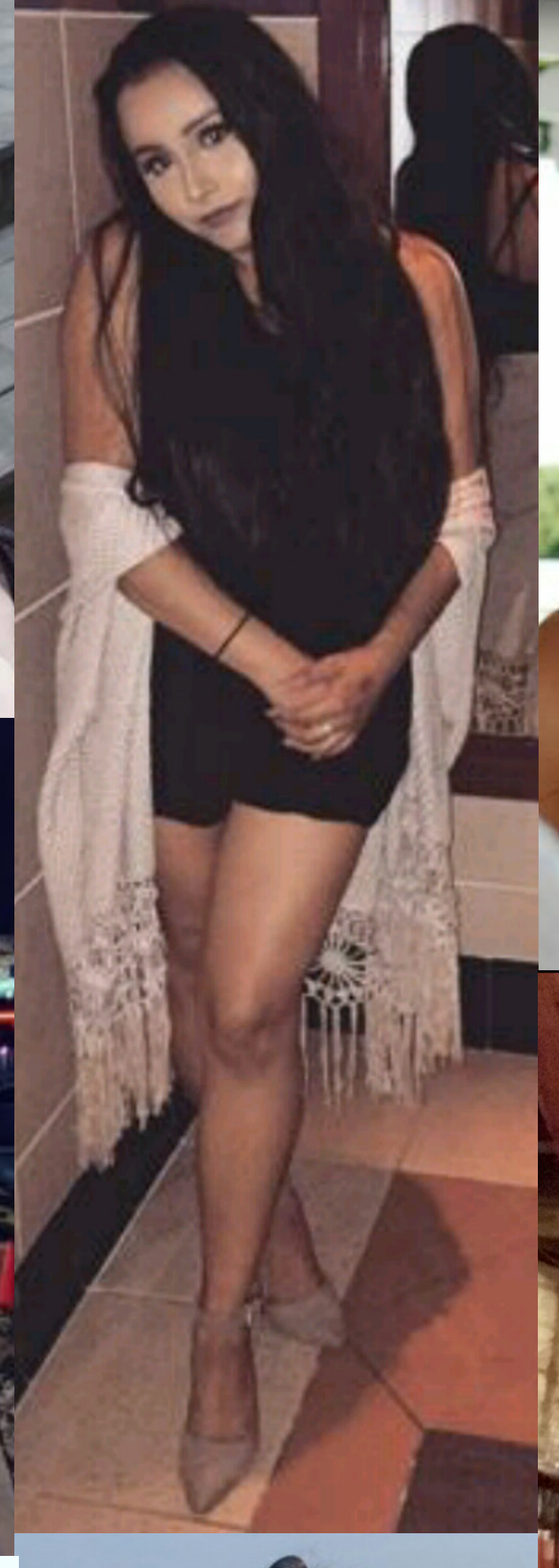
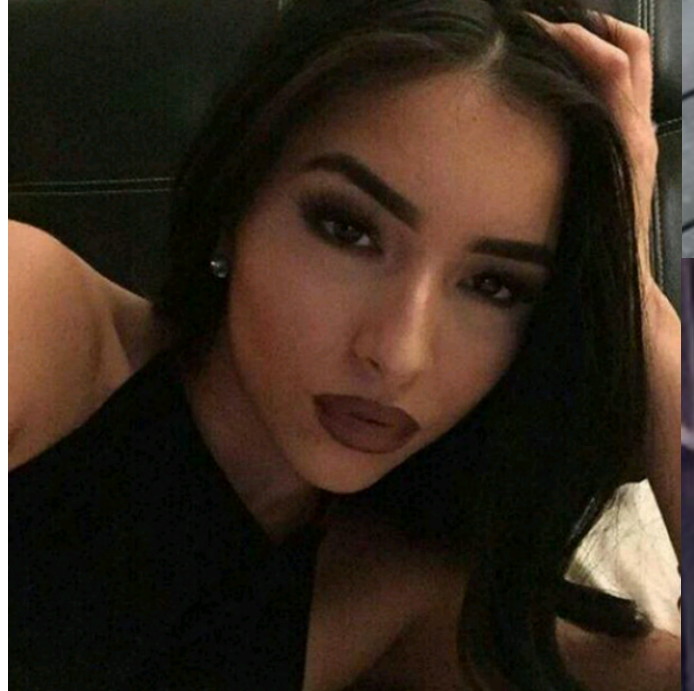
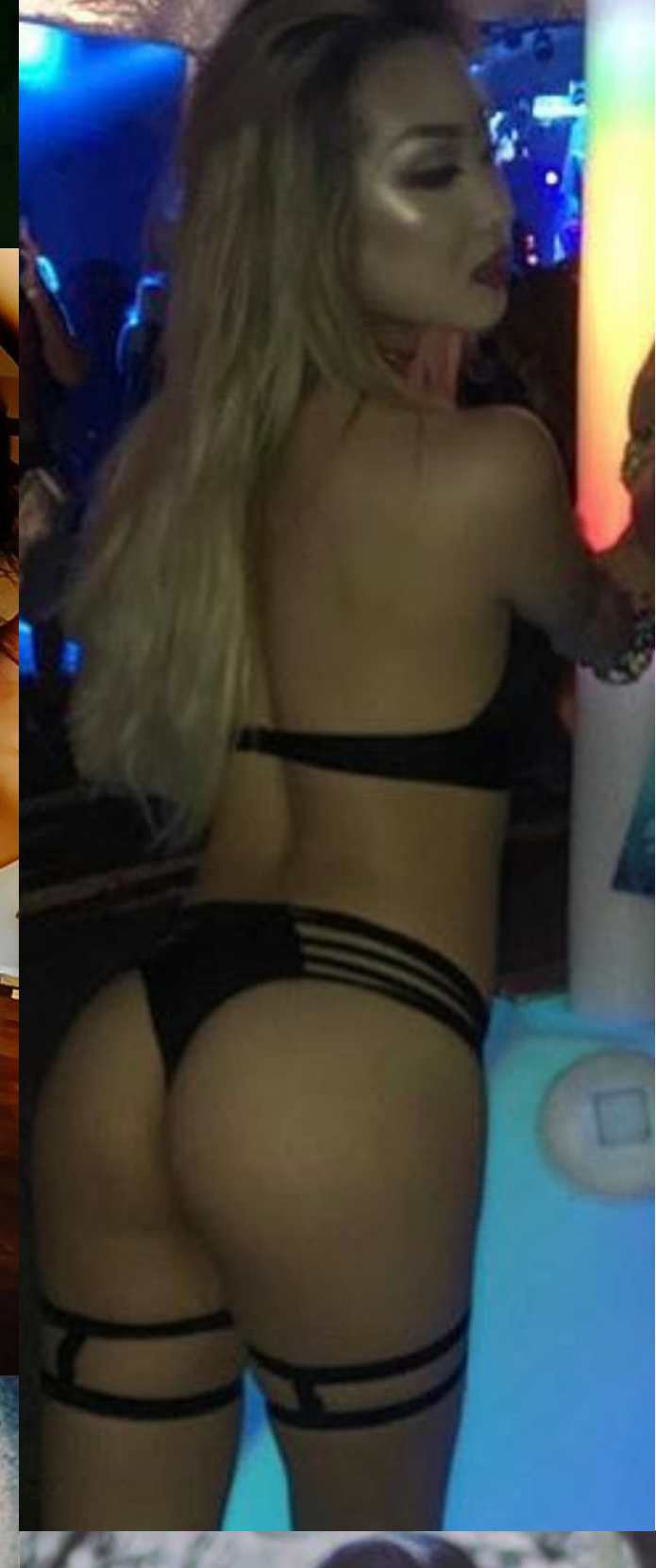
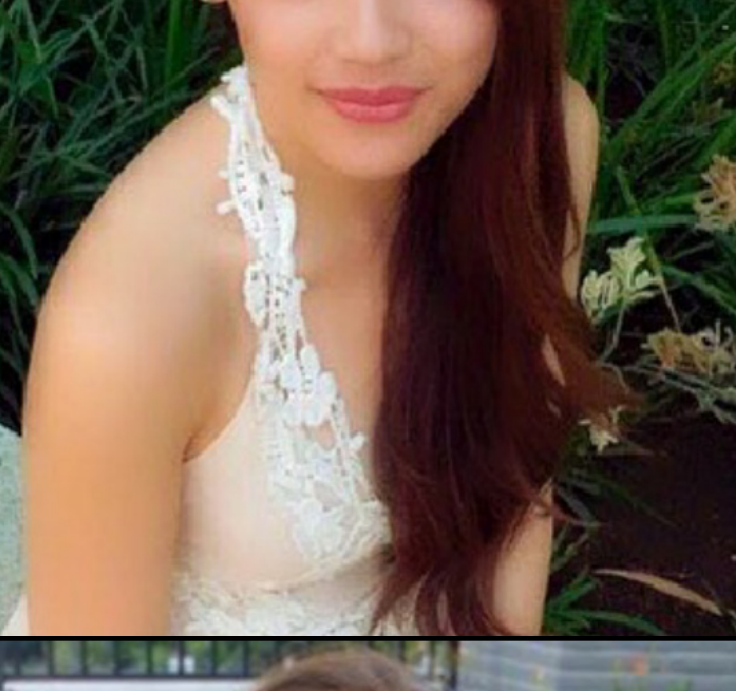
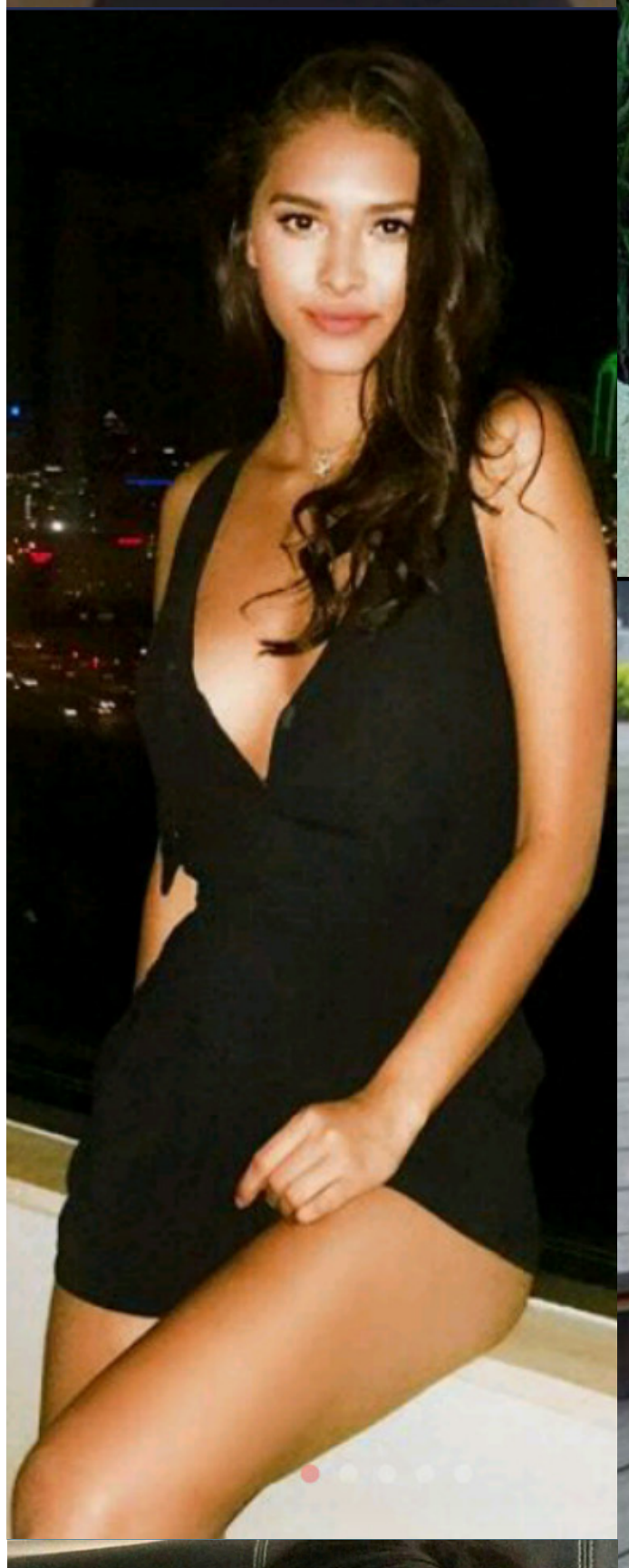
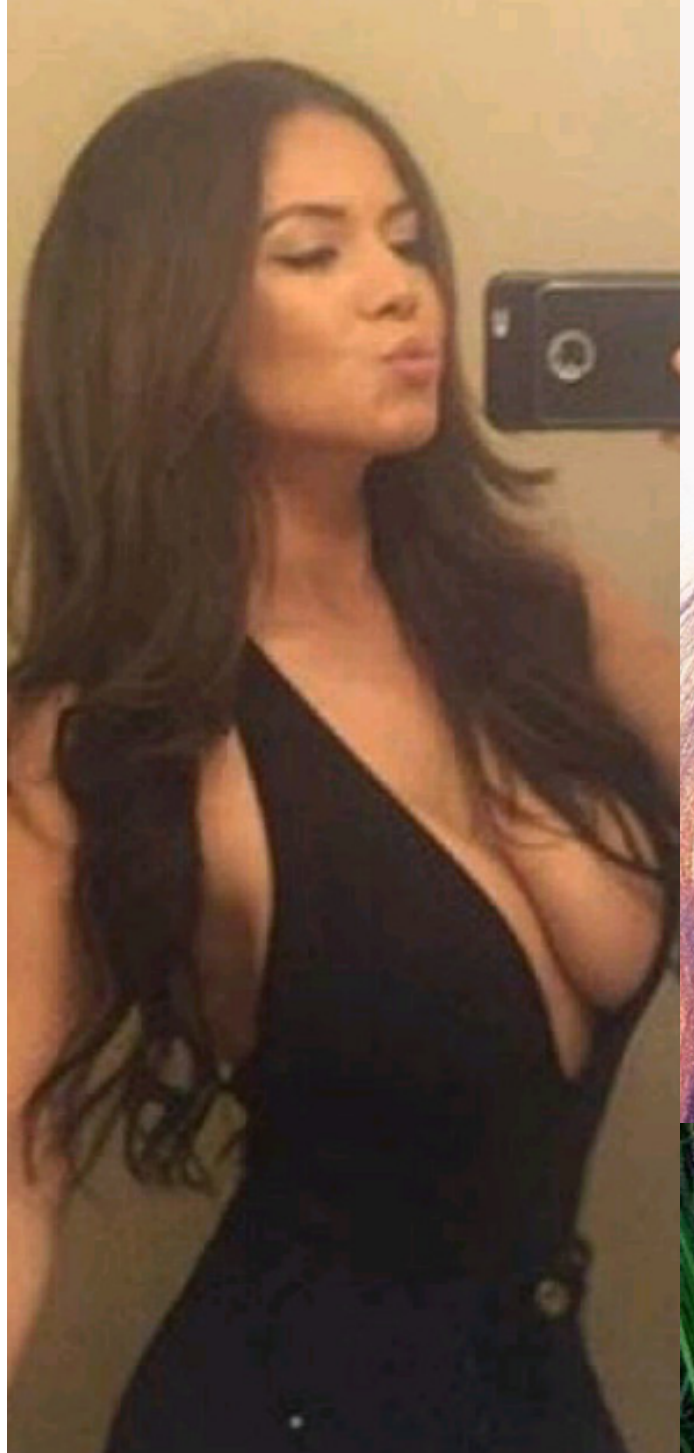
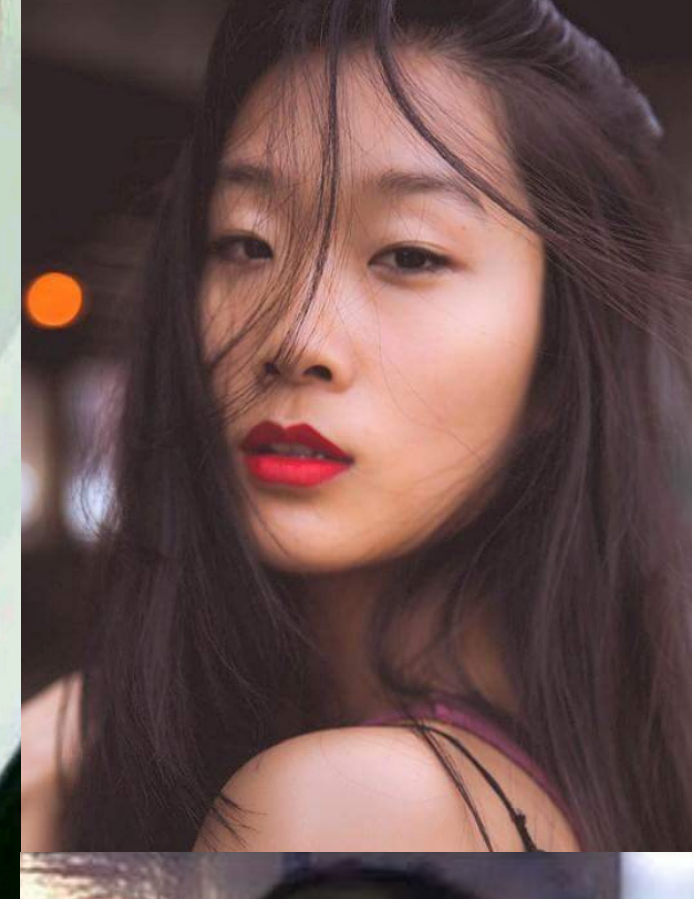
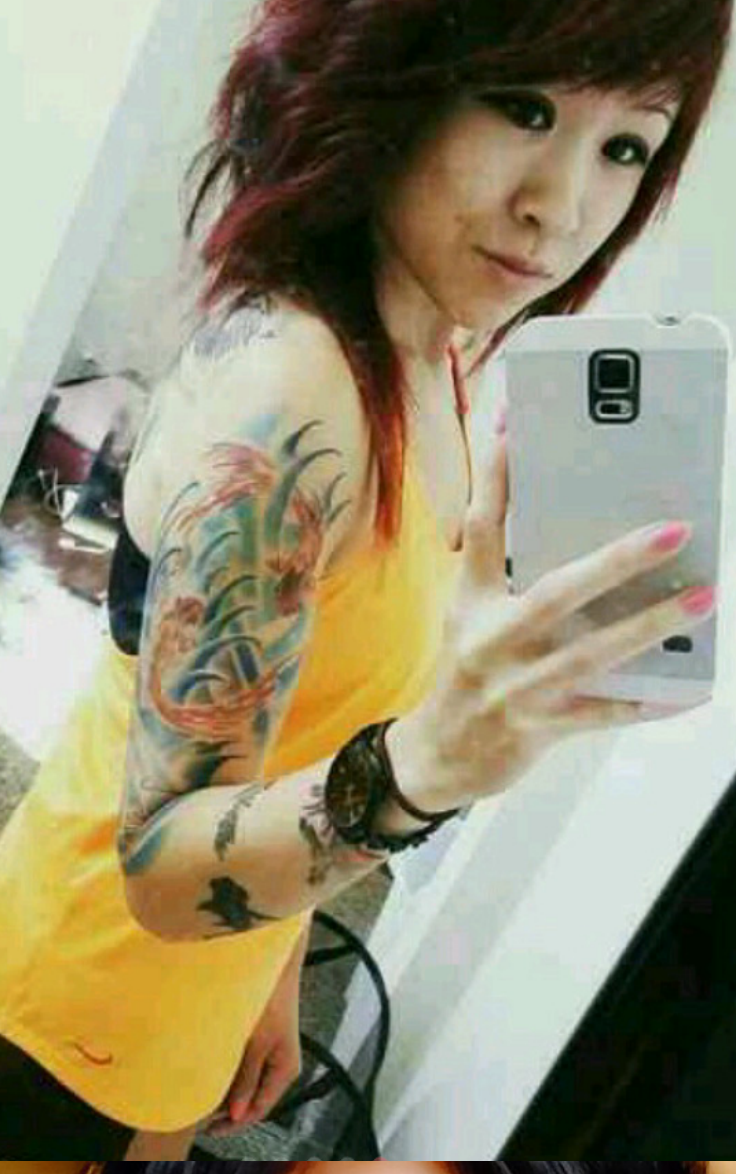
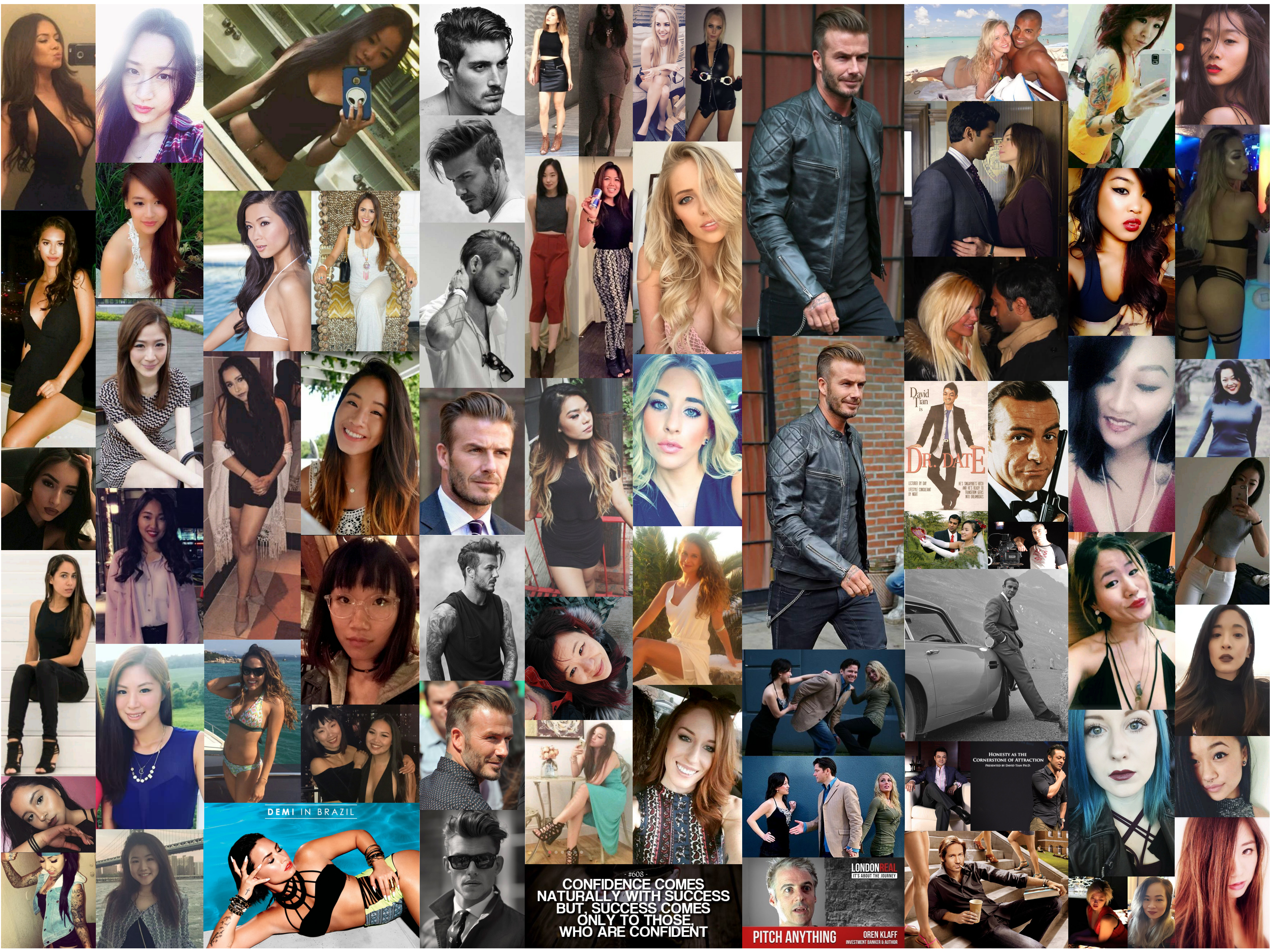
Day 2 - Shoulder press - 4sets - 8-12 reps (failure)
Bicep curl - 4sets - 8-12 reps (F)
D Bell Deltoid Raise - 4sets - 8-12 reps (CF)
Tricep Pushdown (CF) - 8-12 reps (CF)
Hammer curl (CF) - 8-12 reps (CF)
Bent arm Delt lat raise (CF) 8-12 reps (CF)
Dips (CF) sets to failure

Front Squat 5sets 8-12 reps - failure
Deadlift - 4sets 8-12 reps - failure
Leg Press 4sets 6-8 reps - failure
Lunges 4sets 6-8 reps - failure
AB crunch - 4 sets - failure
Russian weighted twists - 4 sets - failure



I WANT TO BE WHAT I'VE ALWAYS WANTED TO BE: DOMINANT





#608
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