



# BETTER THAN EVER

An 8-Part System To Create The Best Version of Yourself

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## Introduction



Give yourself a well-deserved pat on the back if you're reading this. That's because you're one of many people trying to improve themselves in some significant way. And like others, you might spend some significant money doing so. You need to look no further than yearly sales figures to validate that statement. The self-improvement industry generates between \$10 billion and \$12 billion in sales annually, depending on your information source.

By the way, we're not just talking about improving your life on a basic level. All animals do that. If a cat or dog is outside when it starts to rain, they'll seek shelter. Animals look for food when they're hungry. Those are basic behaviors that are hardwired into the natural tendencies of all animals, including human beings.

**We're talking about improvements that make you the best version of yourself mentally, emotionally, physically, and spiritually.**

We all try to do this to some degree, don't we? Humans do it in many areas, much more so than other animals. This has rocketed us to the top of the food chain. Our survival instinct has

joined knowledge of our existence to create an unconscious desire to continually strive for a better experience.

This is called sentience. Not all animals are sentient. It means you can experience and understand negative and positive feelings and know that you are alive and existing. You're aware of your ultimate mortality and the fleeting nature of our time here on earth, one more second of which is not guaranteed to any of us.

These factors make people like you constantly desire to create the best possible experience.

### **That's what this report can help you do.**

There are countless books, videos, and courses in the self-improvement and self-help industries. We all have access to tons of information that can help us create a better experience. If that's the case, and it certainly is, why aren't we all living our best lives? Sometimes it might be because the steps we need to take to create that reality aren't presented in a way that leads to success.

For instance, you might understand the SMART approach to goal achievement. We are told that our goals must be Specific, Measurable, Achievable, Realistic, and Time-Bound for us to cross them off of our bucket lists. This idea was first presented by George T Doran in a 1981 issue of the Management Review magazine.

The idea is over 40 years old. That being the case, why have so many of us failed to achieve our goals and realize our dreams? The process seems simple enough, right?

The answer might be that it doesn't resonate with everyone. It focuses on what our goals need to be rather than what we physically and mentally have to do to take action and achieve those goals.

A list of ingredients used to make the greatest-tasting cake in the world has no power. You have to follow specific steps in a particular order to bake the cake. The ingredients enough are

not alone. You need to be told exactly what actions to take and even what kitchen utensils and appliances can help speed up your journey to success.

We're not here to help you bake a cake today. What we are here to do is give you not only the ingredients for creating your best-ever self but also the step-by-step recipe for getting the job done. Just like you can't bake a cake without an oven, certain necessities are required for you to become the best "you" possible.

These include milestones and a support group. You'll learn to quiet your often negative inner voice and swap bad habits for good. You'll answer why good enough isn't good enough for you. The process to more self-fulfillment and happiness begins by asking a simple question.

What makes up the best-ever you?