

Roz Ware

If you're
struggling to live
a more fulfilling
personal life, you
haven't tried
this...

I know what to do...
I'm just not doing it.

.....

sound **FAMILIAR?**



01

WHY YOU'RE STUCK IN A PLACE WITH NO TIME FOR A PERSONAL LIFE AND HOW I'M HERE TO HELP

Putting your life on hold and waiting until the next milestone to start living is never going to get you what you desire. No matter how busy your schedule, there is always room for even a small, but dramatic change. And no matter how hopeless it feels right now, it doesn't mean that you will never have what you desire... you just haven't tried these steps yet.

Women who stay stuck in fatigue jail have 3 main problems;

- 1: They are wracked with guilt
- 2: They are always wearing a guise
- 3: Their tasks will always be never ending...

If this sounds like you, this could be the most important guide you will ever read.

Now, what I need you to do is check-in with yourself and see how committed you are to this program. If you're thinking about skimming these pages while watching your favourite TV show, no problem. But know that if you put in 20% effort, you're going to get 20% of the benefits.

or!

...you can put away your distractions, pour yourself a cup of tea and do what you do best and break out your notepad. I know that if your intention is to go "all in" and give this program a shot, you're going to feel like a different person in just a few days.

You all in? Awesome. Me too.

Let's begin...

I'm Roz, and I help fierce women live more and stress less, get them back to themselves and living more freely



WHY YOU'RE STUCK IN A PLACE OF 'WORK, WORK, WORK!'

There is a response in us that over-rides all thoughts and actions when we don't have a particular switch turned on. Its the response that tells us we must stay late tonight, the response that says "Mark won't mind if I'm half an hour late", the response that you as a smart and dedicated woman, will always make sure you are the one to be professionally depended upon. But to what cost?

This is the reason why you are wracked with guilt, always wearing your guise and your to-do list is never ending.

So how do we turn on this switch that will enable us to come from a place of courage and complete abundance? It's nothing we have to train, or believe, its literally a switch we can flick manually.

We unlock our second brain...

Did you know that 95% of serotonin is produced in the gut? So if our gut is in a bad way, how are we supposed to be happy? Or sleep? Or have sexual desires?

The Gut has a complex network of nerves to gather detailed information to send to the brain about the food it has in store.

It knows every molecule of your last meal... It knows what kind of day your hormones are having so it knows how you're feeling...It is always observing the gut bacteria so it knows well it is going to be able to digest...And its influencing how the brain is feeling...

DID YOU KNOW:
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REALISE WHERE YOUR 'SELF' ORIGINATES

Because of these signals, the Gut has a great deal of influence over our thoughts and how our mind functions. These signals go to particular emotional parts of the brain and the influence they have over our thoughts, how we handle situations, our perception, our stress levels, how tired in our minds we feel, how confident we appear....it impacts who we are as people.

And because of this, our gut can then be defined as Self Awareness, Emotion, Fear, Happiness, Morality, Positivity, Memory and Motivation. This is why the gut is known as the second brain.

Our gut, is where our 'Self' originates.

Our eyes see the outer world we are conscious of...BUT the gut is the master of our subconscious world. So.....to master our subconscious thought, we need to realise the influence the gut has over what we think, how we think, our emotions, even our personality...To program our subconscious for an abundant life, we need to improve our relationship with our gut, we need to achieve optimum gut health.

We also need to realise that a; BAD GUT = NEGATIVE THOUGHT

Know that your fatigued nature is not you, its just a sign of a bad gut. Its going to be the reason why there are negative thoughts in your mind, why you experience anxiety, why you are craving a more free lifestyle.

But, when you get this right and achieve good gut health, we can stop wasting energy and invest it in turning us into HIGH CHARGED beings....





WHY WHAT YOU'RE DOING NOW IS DESTINED FOR FAILURE

This is what I like to call the 'Old Way' of eliminating fatigue and living out your desires...

You are told to do the following...

- Just stay positive, even though you feel helpless...
- Take a break, even though that will make you feel more anxious!
- Plan meticulously, even when you have no time for it...
- Go for a walk, even though it's not going to solve the problem...
- Set goals, even when you feel so far from them...
- Take medication, even though its not attacking the source of the problem...
- Go on vacation, but your schedule doesn't allow for it...

This is what I like to call 'Cross your fingers, fatigue elimination'.....because that is literally all you can do in this situation.

This is destined for failure at some point on this journey, because it is never attacking at the source of the problem; our mind, and the signals being sent to our minds that enable us to carry out our work.

HOW ARE WE SUPPOSED TO MANIFEST GREATNESS WHEN WE ARE BOMBARDED WITH NEGATIVE SIGNALS FROM THE GUT?
THE 'OLD WAY' JUST LEADS TO MORE PAIN IF IT DOESN'T WORK...

*when you get this right, when you improve the relationship
with your gut, you can't help but experience...*

**MAXIMUM BRAIN POWER
POSITIVE MINDSET
MORE ENERGETIC
FEEL POWERFUL IN YOUR BODY
LOSE THE FEAR AND LIVE WITH EASE
LOSE WEIGHT
CONFIDENCE GOES THROUGH THE ROOF!
YOUR LIBIDO WILL SKY ROCKET!
BETTER SLEEP**

sound **AMAZING?**

*If you're
struggling to live
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HOW DO WE IMPROVE OUR RELATIONSHIP WITH THE GUT?

We flick the switch, we use the 'Secret Weapon'.

This is a simple combination of:

PROBIOTICS // PREBIOTICS // FATS

We need Probiotics and Prebiotics so that we can digest food and we need good bacteria to do this. The rate at which we can digest our food, is directly related to the positive signals we will be sending to the brain. The faster we can get the food moving, absorbing nutrients and removing waste as quickly as possible, the better we feel, the more positive the signals to our minds.

Think of it like this, ever felt really good about yourself, really happy and confident when your stomach felt light? As if there was no bloating there, like you felt slim with high energy? This is a product of positive signalling!

The longer food and toxins hang around in the gut, the worse we feel. It effectively poisons us, and makes us feel fatigued, anxious, tired, depressed... We need good bacteria to do this job quickly and efficiently. So we need to get probiotics into our diets like Kefir, sauerkraut and Kimchi, as well as prebiotics, which come from plants.

But, what also effects the rate at which we digest is the state of the gut lining. And we can repair this and make it super tough and strong, and improve the barrier at which it retains toxins to be discarded as waste, with essential fats. So, eat plenty of fresh avocado, oily fish, nut, seeds, coconut oil and olive oil for a strong gut lining.

Fats also improve muscle strength far more than you realise...



*but I know
what you're
thinking...*



**THE SECRET WEAPON MAKES FOR SOME OF THE
TASTIEST FOODS YOU'LL EAT AT HOME!**

the Secret Weapon is crucial in your personal transformation. How are you supposed to maintain a positive mind, when an abundance of negative signals are being sent to your brain?...

*More of the
Secret Weapon
in my bonus
pack!*

so, what **NEXT?**

02 IGNITE YOUR MIND

Why do we neglect one of your bodies most vital organs when it comes to our health?!

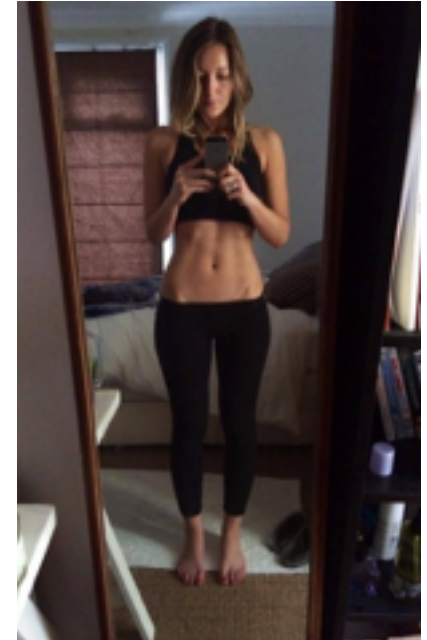
Did you know that our brains are made up of 60-70% fat, and this comes directly from our food. So, if we aren't physically nourishing our minds, how are we supposed to think positively and control our thought?

Did you also know that the fact that we don't have much fat in our diet is now a leading cause of why we are mentally and physically weaker and sicker than ever before...

And just in case you were wondering...
FAT DOES NOT MAKE YOU FAT.
Even I am living proof of that. And the US Government now states that Cholesterol is not a nutrient of concern anymore...

So how can we use fat to ignite our minds?
Our nerves have a fatty coating, which allows electricity to flow down. This electricity is our thoughts...meaning, fat on our nerves literally allows us to think better! It allows us to:

Think faster!
Think with more clarity!
Think more positively!



DID YOU KNOW:
Our brains are made up of 60-70% fat, and this comes directly from our food



YOUR BRAIN IS STARVING!

What we also need to release is that; A NUTRIENT DEFICIENCY = FEAR

And why are we so nutrient deficient? Why do 97% of people fail at dieting in January? Why are mental disorders skyrocketing? Why is it a third of the planet suffers from stress?

We have been told that to be healthy, we need to be on a low-fat diet...This couldn't be MORE WRONG! We shouldn't be depriving ourselves of flavour and rich food and we shouldn't be depriving ourselves of one of the most nutrient dense food groups...FAT.

Do you find there is just always SO much going on in your brain? There are all these thoughts whizzing around, so many things wanting your attention, and you have to jump from task to task before you've completed the first. You're trying your hardest to be organised and productive, but it feels like the opposite...why does that happen?

Because your brain is starving.

A starving brain experiences frequent fatigue, lack of energy, lack of passion, taking too long to make decisions and not always making them right. Left untreated, it leads to depression, anxiety, insomnia and also weight gain, as well as mental disorders like Alzheimers and ADHD.

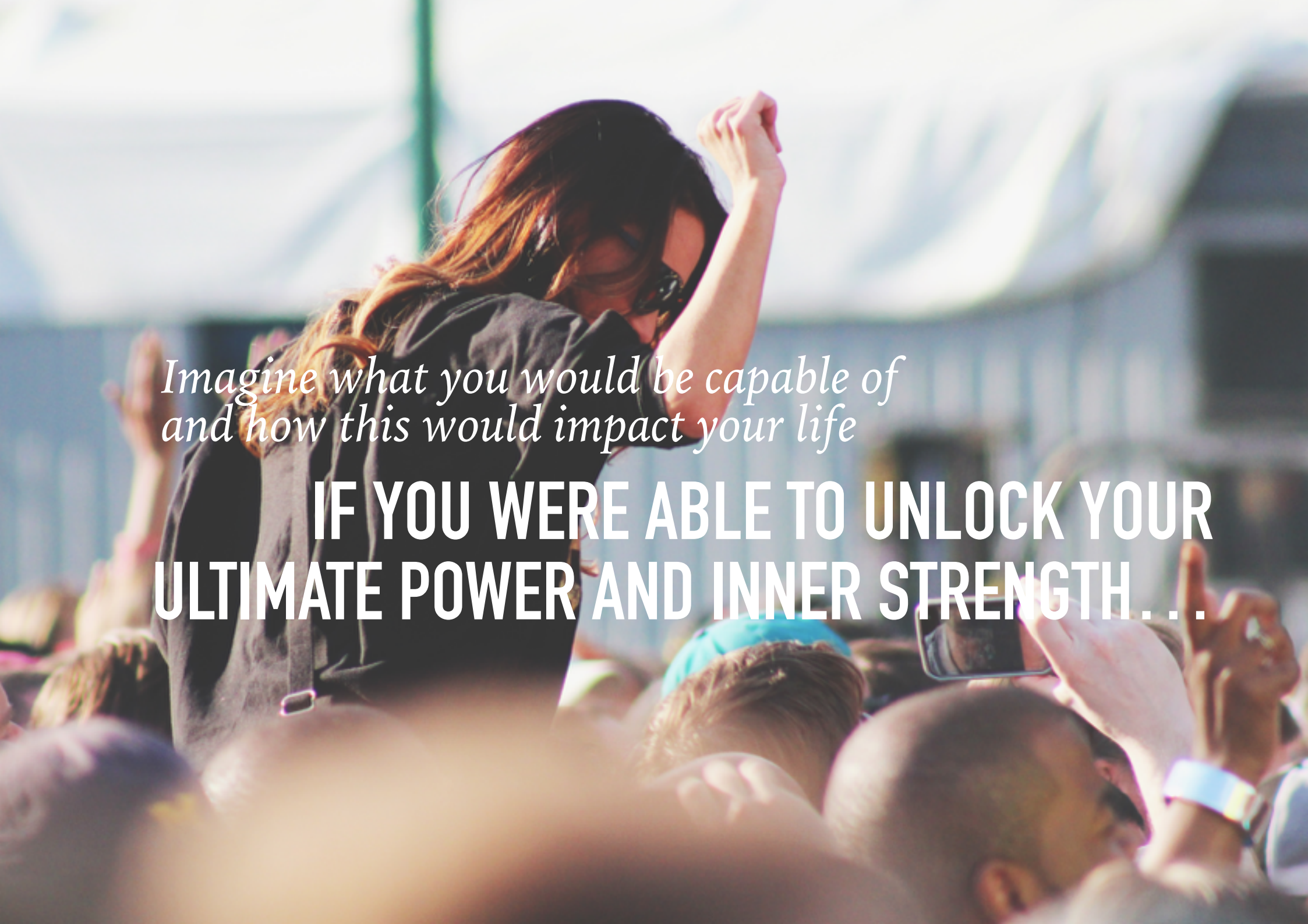
We have the healthy heart diet, but where is the healthy brain diet? BOTH of these are our vital organs, so why do we neglect the brain?

Our brain is made up of 60-70% fat, and this comes directly from our food. We NEED essential fats in our diet to nourish not just our brain, but our MIND. This is how we can conquer anxiety and depression, this is how we get over lack of energy and a positive mindset and this is how we keep our concentration focused.



When you get this right, not only will your mind will be physically strong, you will program your mind for positivity, better moods, you'll make better decisions, faster decisions, with more clarity, you'll become the happiest, fulfilled person you know...

When you don't do this, you will have a physically weak mind that's prone to doubt, fear, anxiety and depression. When our mind is inundated with these feelings, that's when we aren't thinking to the best of our abilities, it's infected with negativity. Our thoughts start to come from a place of lack rather than abundance...



*Imagine what you would be capable of
and how this would impact your life*

**IF YOU WERE ABLE TO UNLOCK YOUR
ULTIMATE POWER AND INNER STRENGTH...**

03

YOU BECOME YOUR THOUGHTS

I know you know that you will become what you think...Whatever your thoughts are, you will embody. If what you desire is coming from a place of lack, you will experience lack...

I know you know this...and I know you know you should be grateful for the privileged life you have...But this alone is getting you nowhere fast, isn't it.....

So, if we can come from a place of UNDERSTANDING, we can come from a place of gain...a place of ABUNDANCE. Because when we understand why something, that wasn't part of our plan, has happened, we can come from a place of knowledge, of gain, NOT lack.

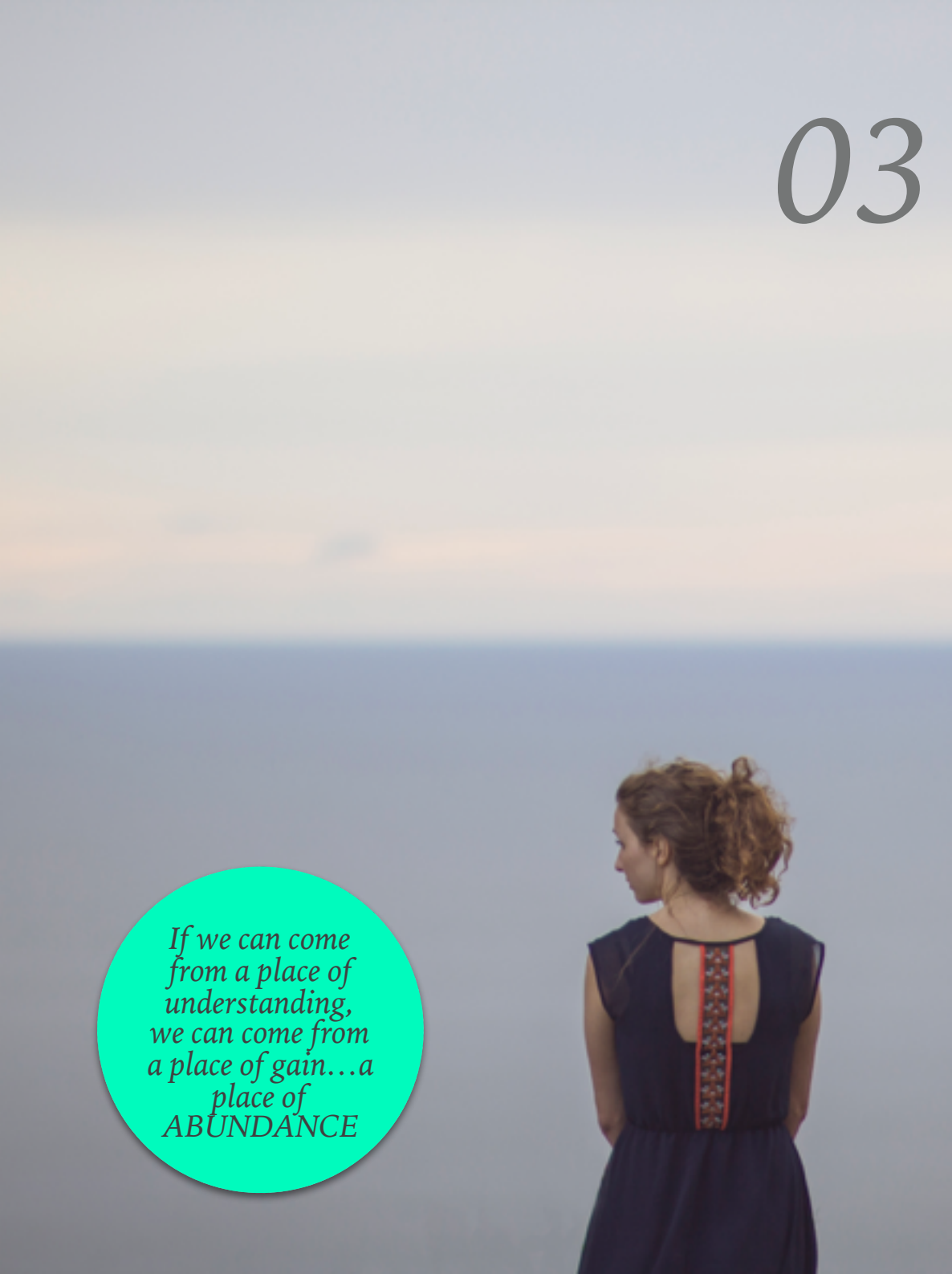
Just like you would analyse this in business, understand why that contract still hasn't come through...because there are other bigger things that are about to happen to first....Understand why this guy is playing hard to get...because the universe is teaching you to develop stronger inner strength.

Come from a place of understanding, rather than lack, there is a lesson to be learnt in everything, because when you do, you don't make yourself the victim, you attract positivity.

Next time you feel anxious, acknowledge the problem and ask why. Analyse why this has happened to you...

Why are you ill? Because you need to slow down?
Why are you not believing in yourself? Because you aren't learning new things anymore?
Why is your bank account empty? Are you focusing on your priorities?

So ask why. What is my lesson in this bad feeling I have?



*If we can come
from a place of
understanding,
we can come from
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place of
ABUNDANCE*

When you get this right, you will automatically enter a state of gratitude and be thankful for the lessons you have learned and how you are growing **EVERY SINGLE DAY** because of it. You will live abundantly by default....

When you don't do this, you will remain fatigued, stressed, confused, unaware as to why things aren't happening for you and you will continue to pray for something on some level you know isn't going to come...you will remain in a place where you are giving up **ALL OF YOU** for your work...



THE MIRROR...

You also need to understand that there is no escaping cause and effect....If you desire a loving, supportive and open partner, you need to become EXACTLY that...

If you desire decisive clients for your business, you need to be decisive...

If you want to heat things up in the bedroom and for your partner to see you in a new light, you need to do exactly that too! You need to present yourself in a new light and see him in a new light. If you think he doesn't make enough of an effort, sometimes it's because we aren't either. Two people will usually want different things from a relationship, so sometimes the energy we invest into them is wasted because its not appreciated by the other...

If what you want is to make more time for yoga, then you need to be someone that does that. You chose what you make time for...

If you want an abundant life, then you have to live abundantly...

what you need to do to **WIN...**

*Use the Secret Weapon
Ignite your mind with Fats
Realise, you are a product of your thoughts....*

*More of the
Secret Weapon
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DEAR FRIEND

There's so much more I want to teach you about how to live more and stress less, so you can finally step into the life you're meant to live and deeply connect to your true purpose.

If you enjoyed this guide, then you'll love my program, where I personally design a program based around your needs as a fierce, woman in business. This will be the greatest adventure of your life. So, get your skates on, what are you waiting for? Hurry, the program has limited availability but in the mean time, I am doing free sessions with each of you individually to see how we can apply my Secret Weapon to your life now.

[Book your session now by clicking here.](#)

Or going to this link: <http://www.meetme.so/RozWare>

Now, I know for a fact, you are a bad-ass boss lady, I KNOW this. I know you have read to the end of this guide because you are fierce, and you want more now. And I really mean this when I say: If I can do this, you can do this. I believe in you, and I'm here to help you every step of the way.

All my love,
Roz

