

# Hi! I'm Corrie

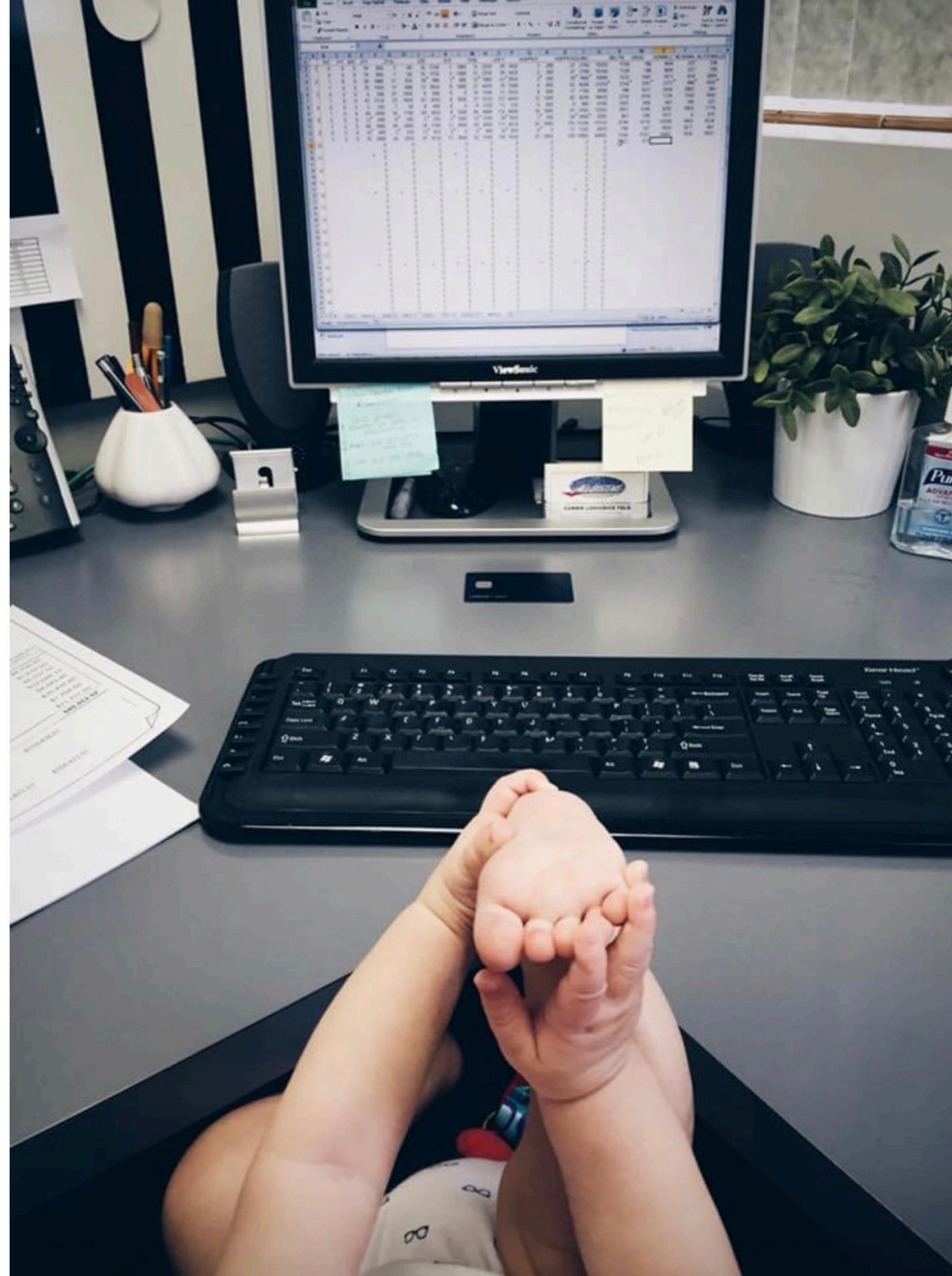


@IAMCORRIELO



Take the Overwhelm Culprit quiz and get a worksheet from this talk by scanning the QR code here.

<< SCAN FOR QUIZ



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OVERWHELM

SURROUNDS YOU

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GUILT & SHAME

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On this day  
**5 years ago**

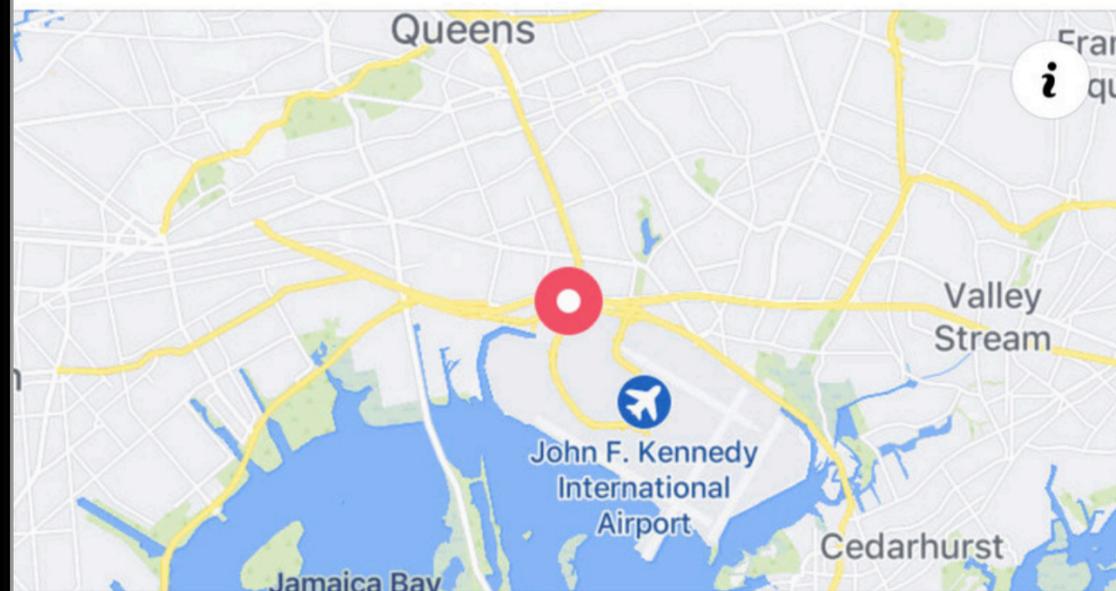


**Corrie LoGiudice** checked in to **Belt Pkwy East.**



Jun 27, 2017 · 👥

Since I've been stuck on here for over an hour now figured I'd check in!!



HIGHWAY

**Belt Pkwy East**

Save



You and 2 other friends have been here

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The two ways to motivate major change...

✗ **By choice**

✓ **PIVOTAL** life moments

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A photograph of Tony Robbins on stage, smiling and wearing a microphone. The background is dark with some stage lights.

TONY ROBBINS

"It's in your moments of **despair**  
that your **destiny** is shaped."

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**HERE'S HOW**

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You have to adjust your strategy  
to accommodate your current reality

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Introducing the

# OVERWHELM CULPRITS

(The 5 C's)

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#1

CLARITY

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It's not a matter of knowing  
what you want,

but having clarity on why you want it.

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A WALL STREET JOURNAL BESTSELLING BOOK

# WILL IT FLY?

HOW TO TEST YOUR NEXT BUSINESS IDEA SO YOU DON'T WASTE YOUR TIME AND MONEY

PAT FLYNN

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# FRONT SIDE



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A woman with a backpack and a child with a backpack are standing in an airport terminal. The woman is on the left, looking towards the right. The child is on the right, looking towards the left. They are standing on a polished floor. In the background, there are signs for "B5-B9" and "B3" with an airplane icon. A "BURGER KING" sign is also visible. The text "Having a GOAL is great. But having a WHY is what makes you unstoppable." is overlaid on the image in white. The word "GOAL" is in all caps and bold, and "WHY" is also in all caps and bold. The word "unstoppable" is in italics.

"Having a **GOAL** is great.  
But having a **WHY**  
is what makes you *unstoppable*."

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#2

CONFIDENCE

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It doesn't matter how clear you are  
on what you want.

If you **don't believe** you can do or  
have it, **you never will.**

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The only way to build your confidence is by

**TAKING ACTION**

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BeautySTUDIO

BeautySTUDIO

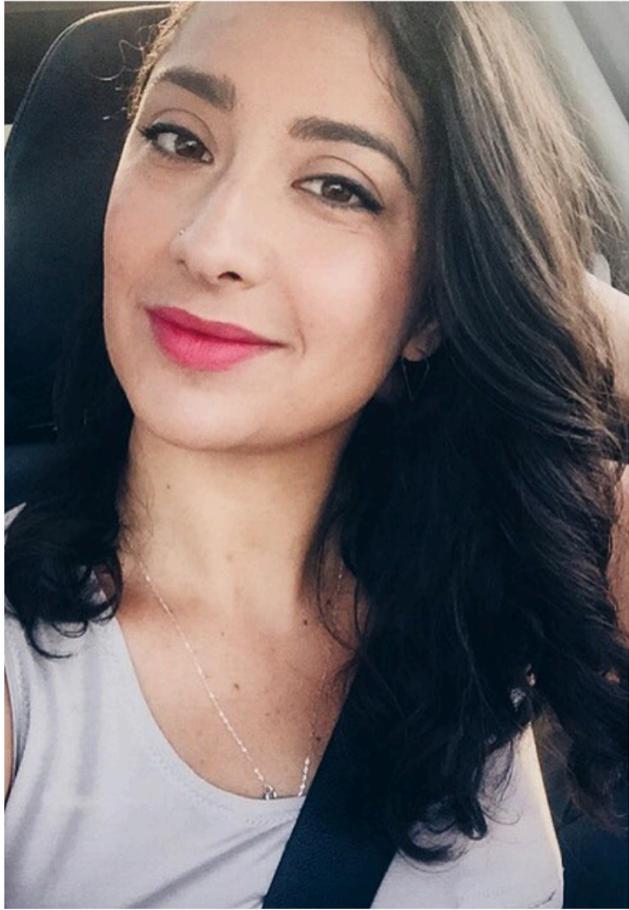
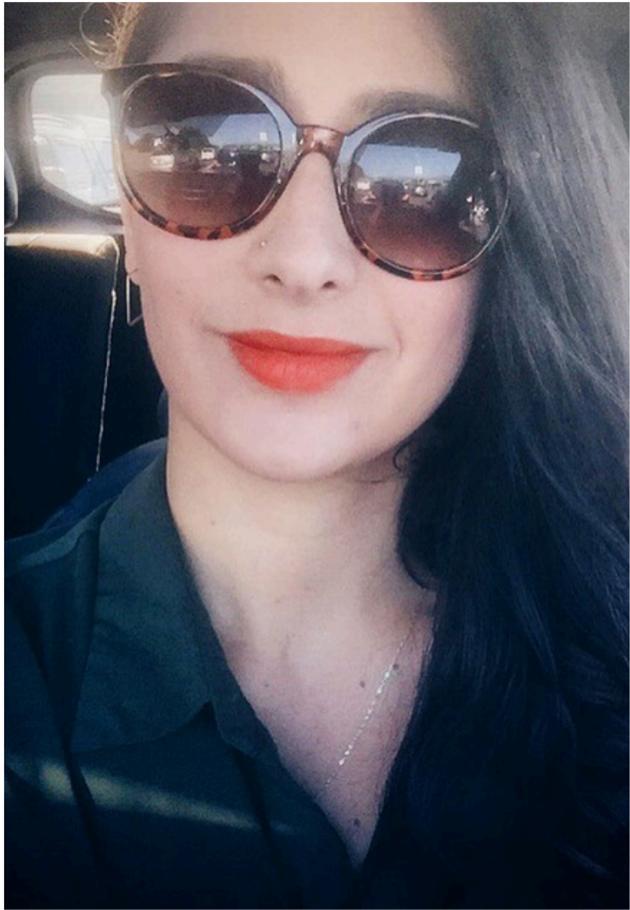
LET'S BEAUTY TOGETHER

LET'S BEAUTY TOGETHER



TRACOLLECT

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"You are responsible  
for your own confidence."

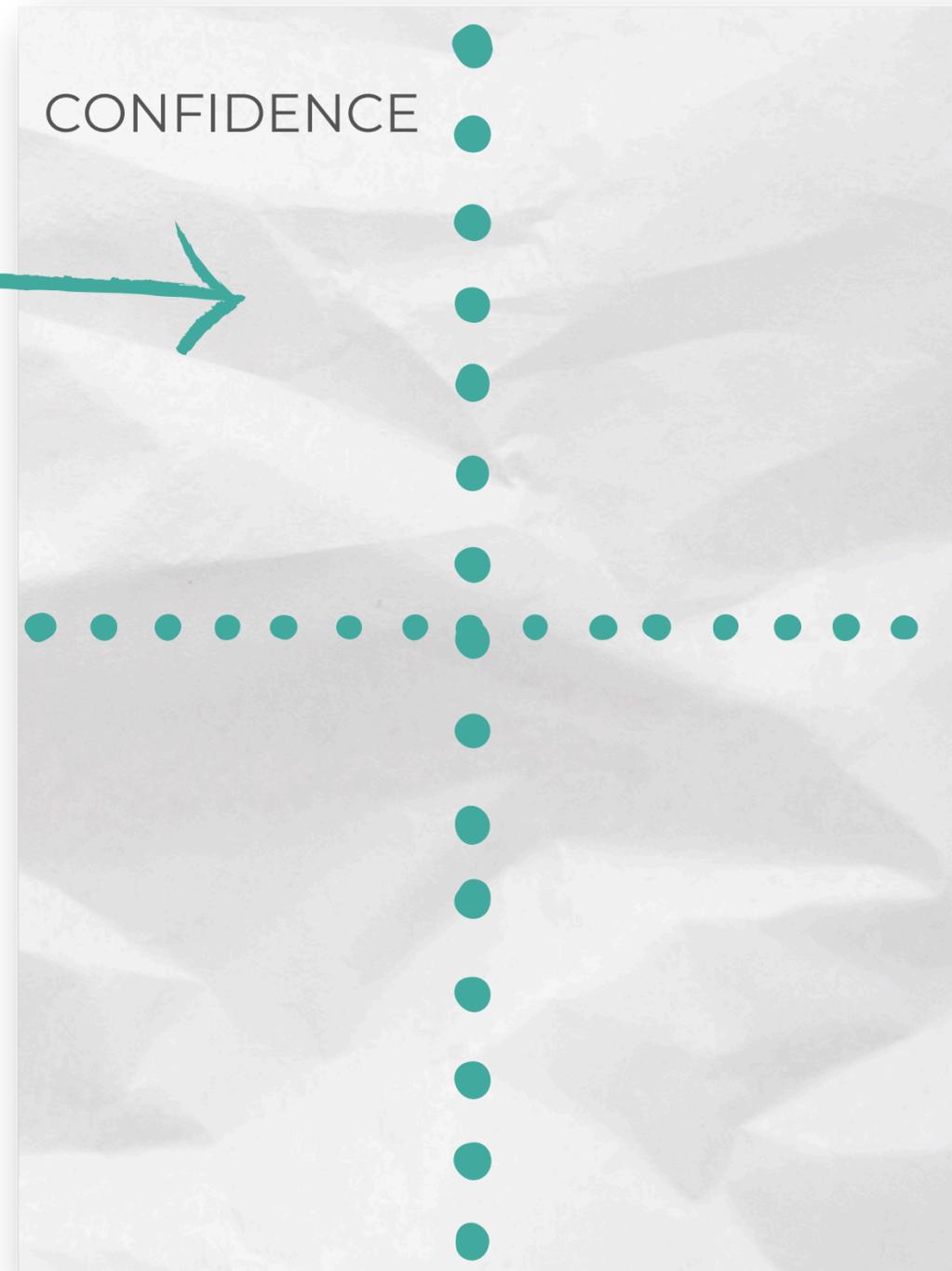
No one else can build that for you."

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# BACK SIDE

#1: WHAT AM I  
NOT CONFIDENT ABOUT?

#2: WHAT ACTIONS CAN I  
TAKE TODAY TO START  
BUILDING THAT  
CONFIDENCE?



#3

COMMUNITY

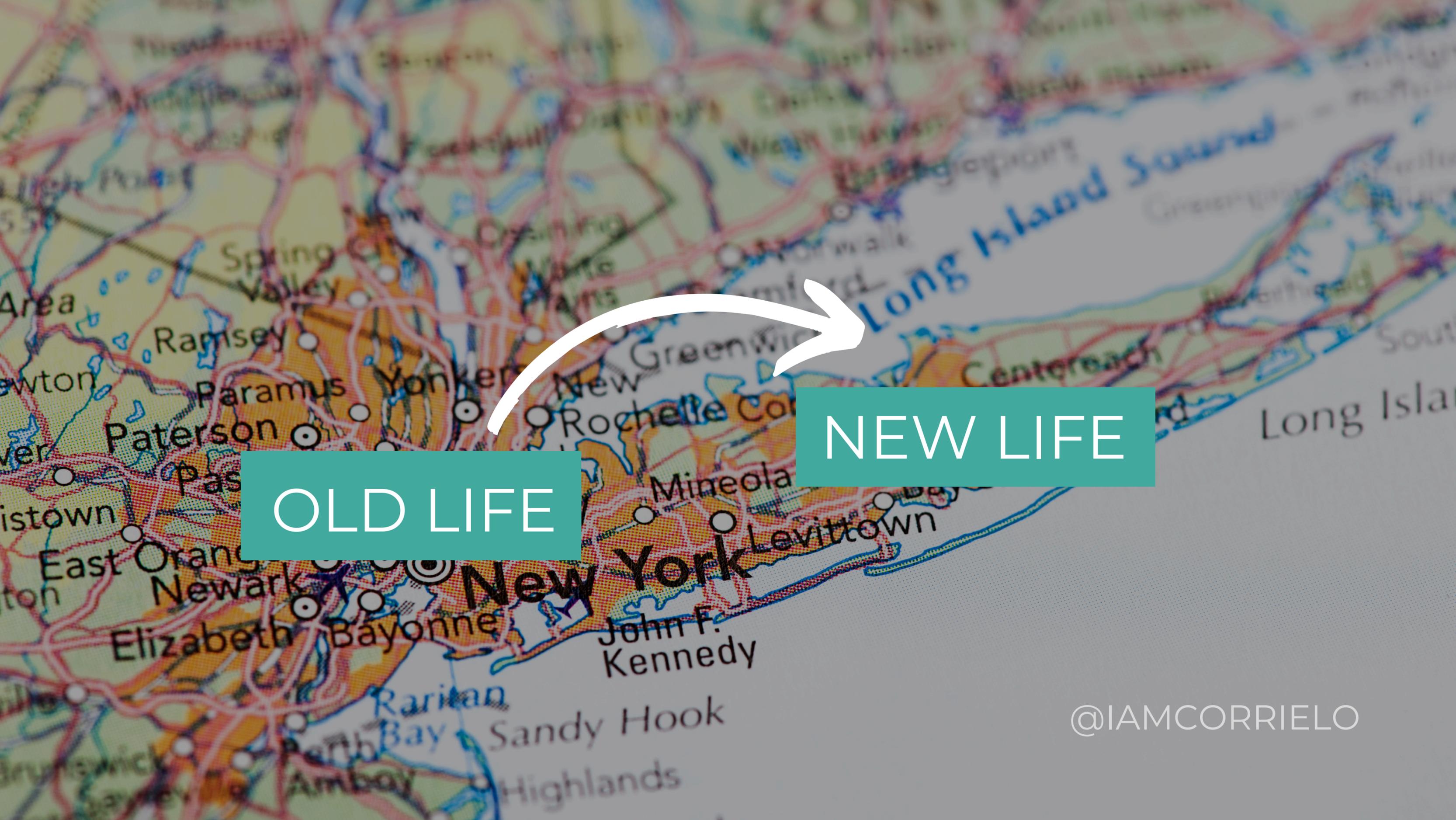
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JIM ROHN

"You are the average of the five people you spend the *most time with*."

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OLD LIFE

NEW LIFE

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**Corrie LoGiudice** ▶ [redacted] Moms

April 21, 2016 · 🗣️



Hi everyone! I just moved to [redacted] from Brooklyn with my 13 month old son and am looking to meet cool, interesting people in the area who have kids around my son's age for weekend playdates and to just hang out. I work full time so weekday mommy and me meetups don't really work for me. If you're interested in meeting up, drop me a DM and say hi!



Maria Angela, Jordana Sanders and 2 others

11

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# BACK SIDE

#1: WHAT AM I NOT CONFIDENT ABOUT?

#2: WHAT ACTIONS CAN I TAKE TODAY TO START BUILDING THAT CONFIDENCE?

CONFIDENCE

COMMUNITY

HELPING PREVENTING

1.

2.

3.

4.

5.

1-5 PEOPLE I SPENT THE MOST TIME WITH

WAYS THEY ARE HELPING OR PREVENTING ME

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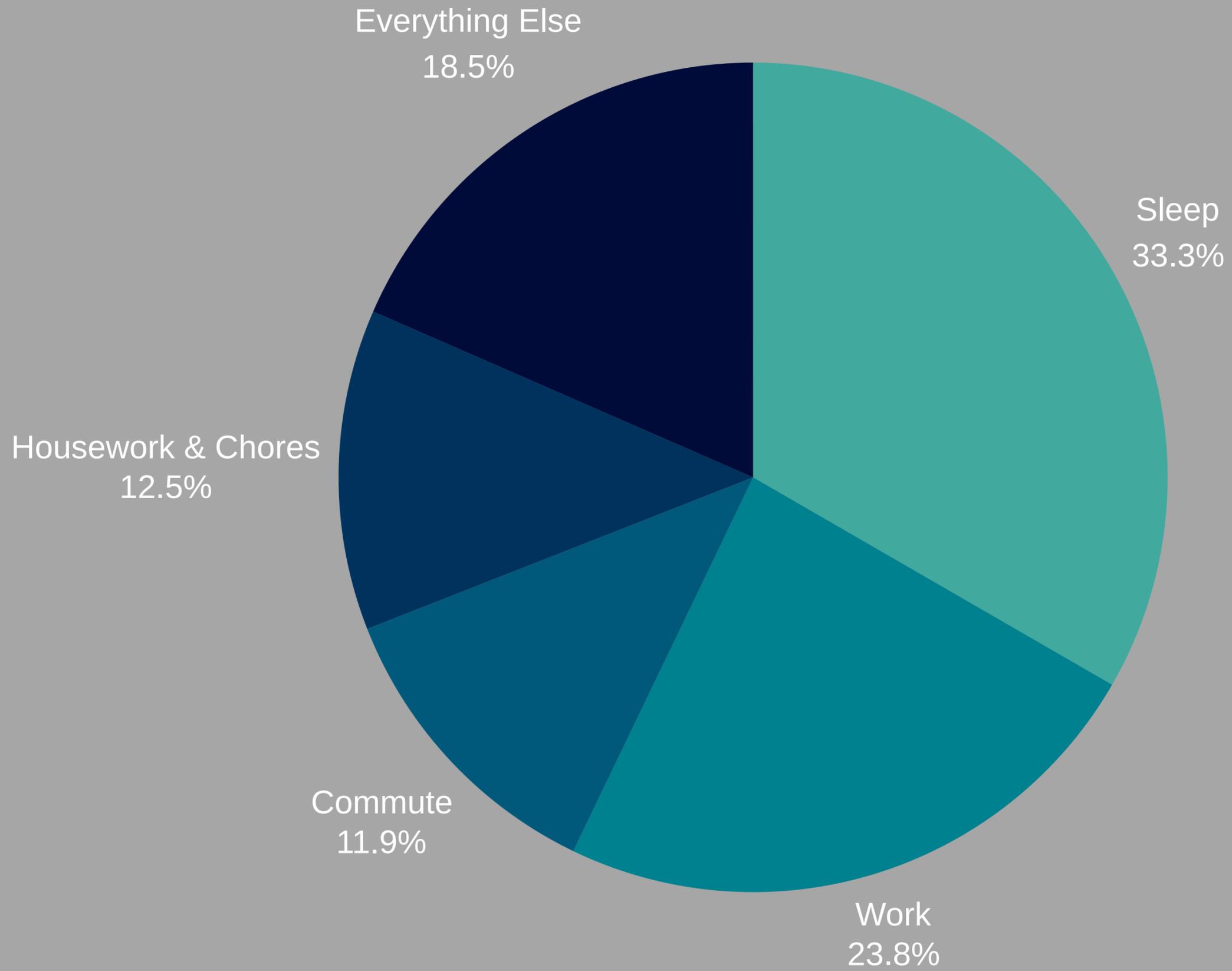
The background of the image features two women's faces. The woman on the left has dark hair and is wearing a pink top. The woman on the right has dark hair and is wearing a dark top. Both women have a neutral to slightly surprised expression. The text is overlaid on this background.

"Don't be afraid to walk away  
from relationships that no longer serve  
you so you can make room  
for new ones that will."

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#4

# CONDITIONING







corrielo



sometimes  
you have  
to step  
back to see  
your true  
vision



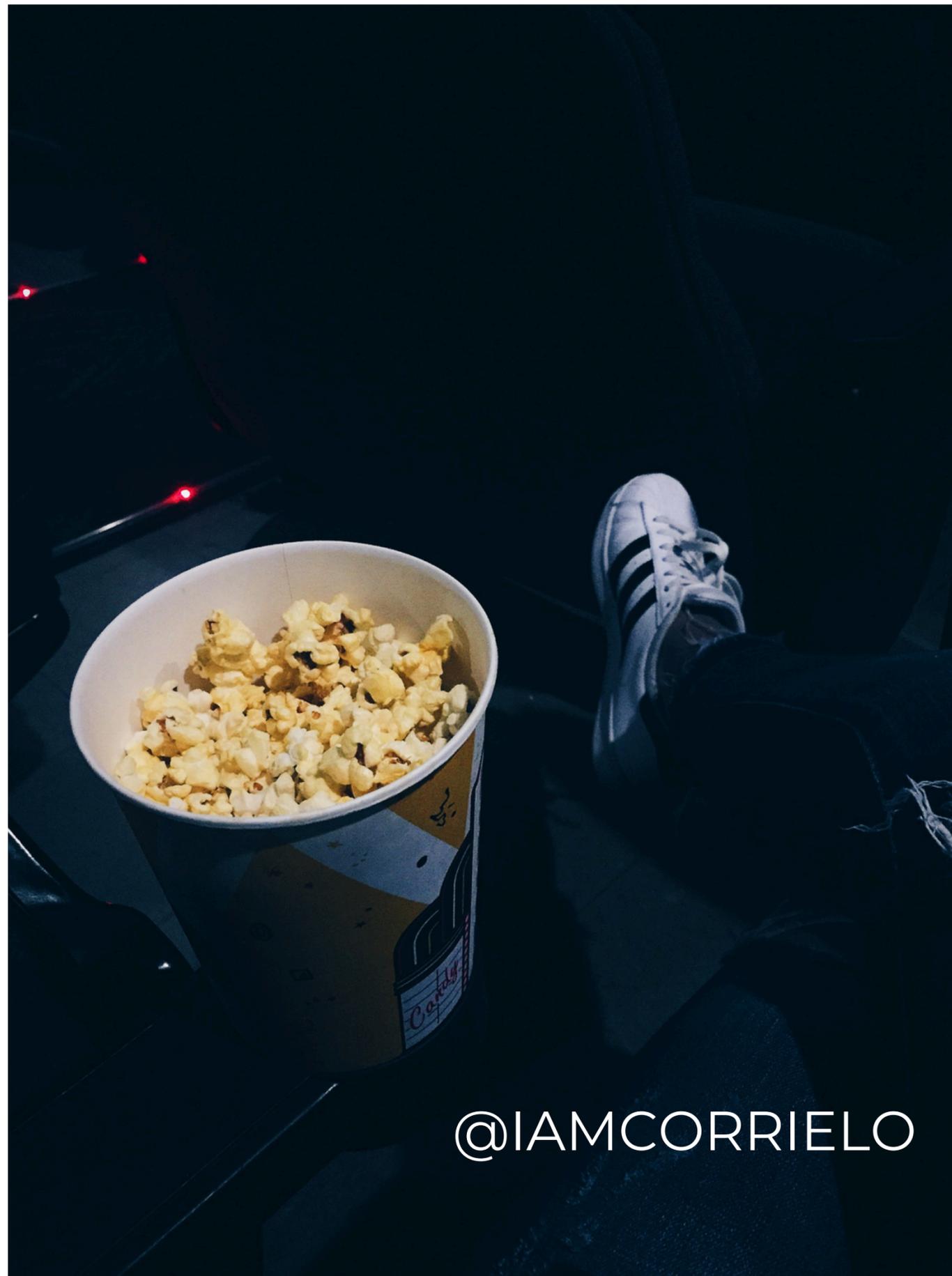
18 likes

corrielo Slowing down a bit while on vacation this week made me realize how unclear a direction I've been heading. So I'm dedicating the month of October to work on myself and better figure out my priorities. This is easier with no outside influence, so I've decided to take a [#socialmediadetox](#) and will be deleting all my social media apps for at least a month. If you want to get a hold of me or hang out, try my cell phone-old school style.

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# BACK SIDE

#1: WHAT AM I NOT CONFIDENT ABOUT?

#2: WHAT ACTIONS CAN I TAKE TODAY TO START BUILDING THAT CONFIDENCE?

#1: RATE PHYSICAL/MENTAL HEALTH 1-10

#2: WHAT'S WORKING VS. NOT WORKING

#3: WHAT ACTIONS CAN YOU TAKE TODAY?

CONFIDENCE

COMMUNITY

HELPING PREVENTING

1.

2.

3.

4.

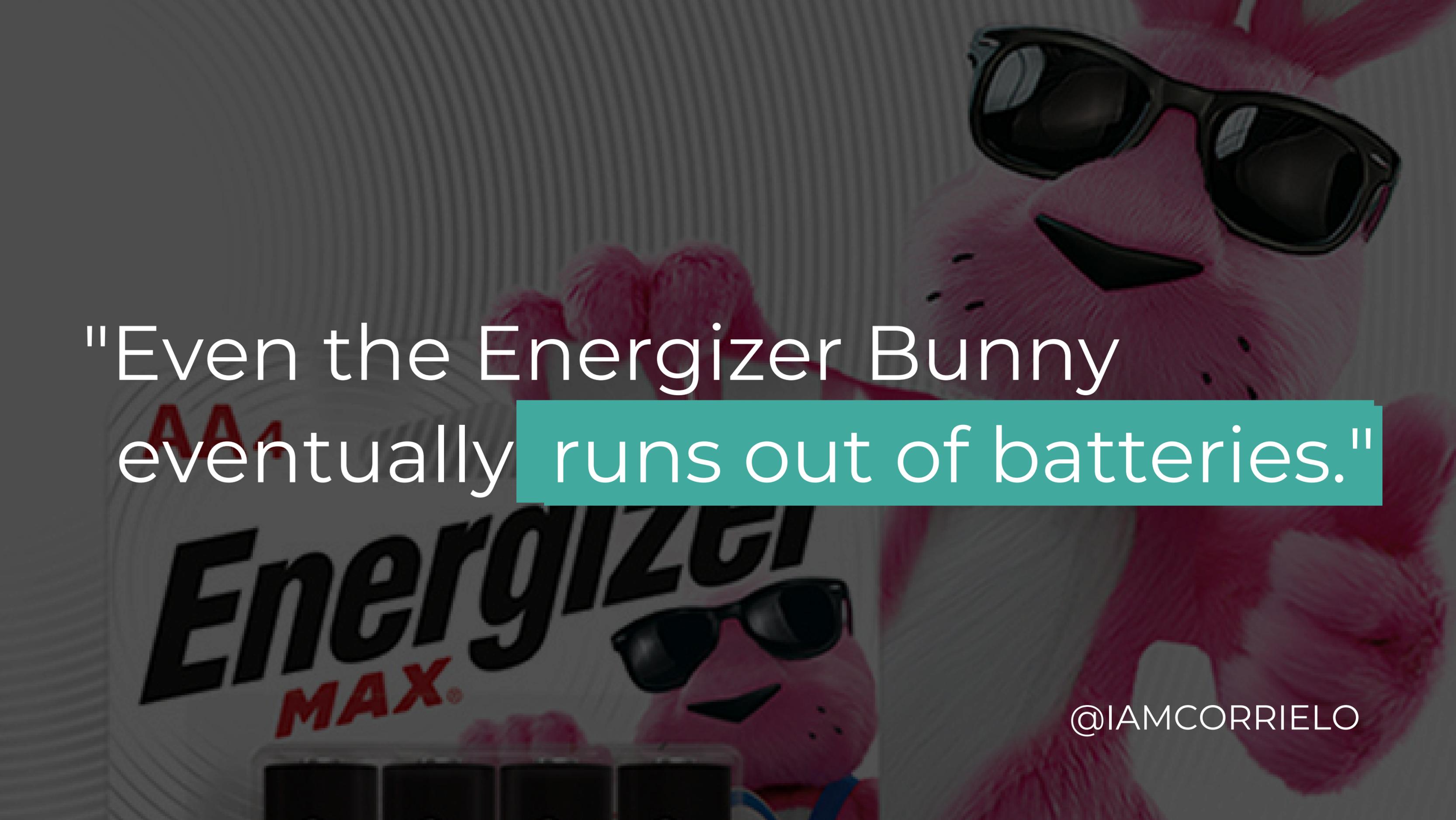
5.

CONDITIONING

1-5 PEOPLE I SPENT THE MOST TIME WITH

WAYS THEY ARE HELPING OR PREVENTING ME

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"Even the Energizer Bunny  
eventually runs out of batteries."

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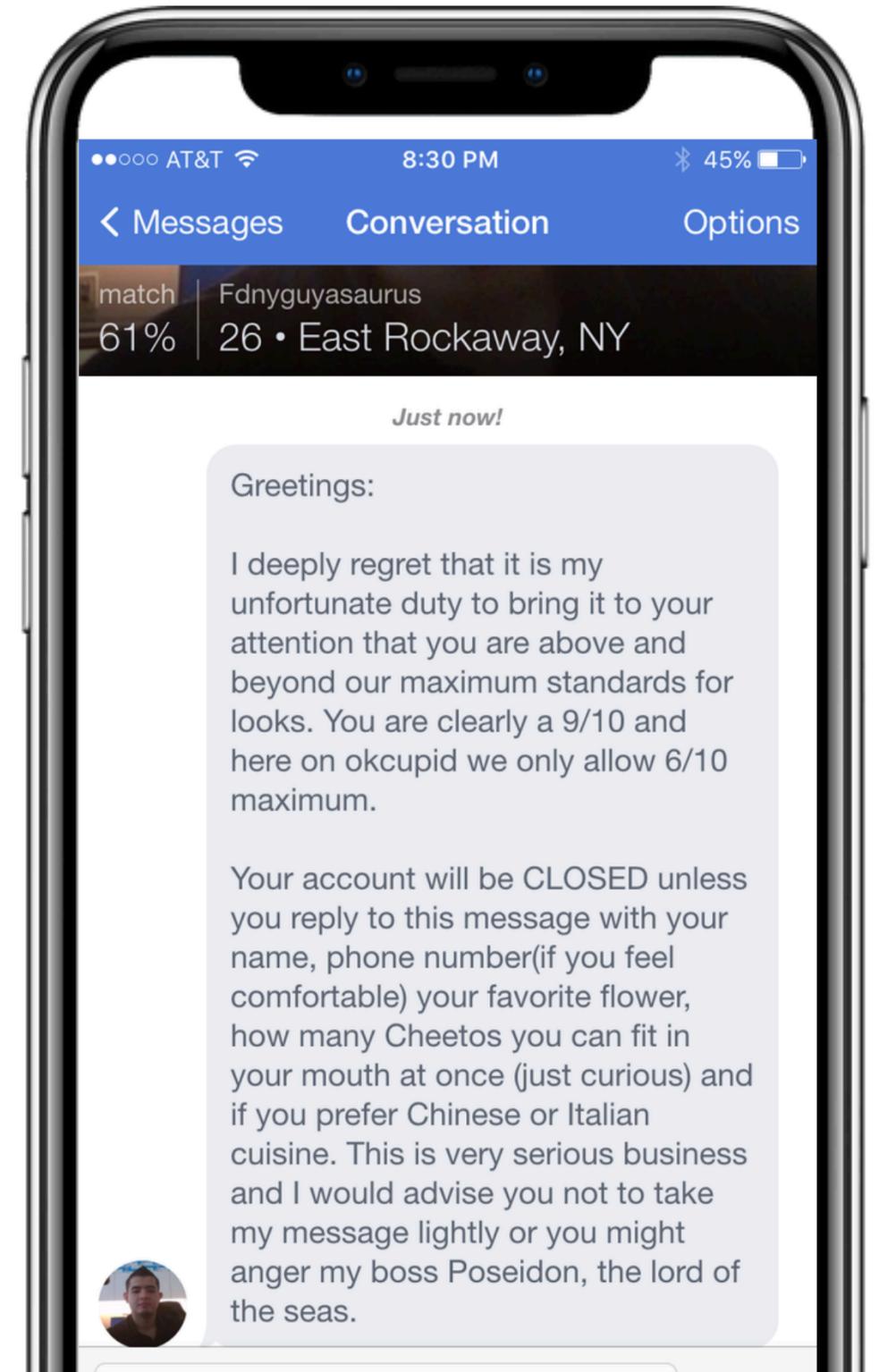
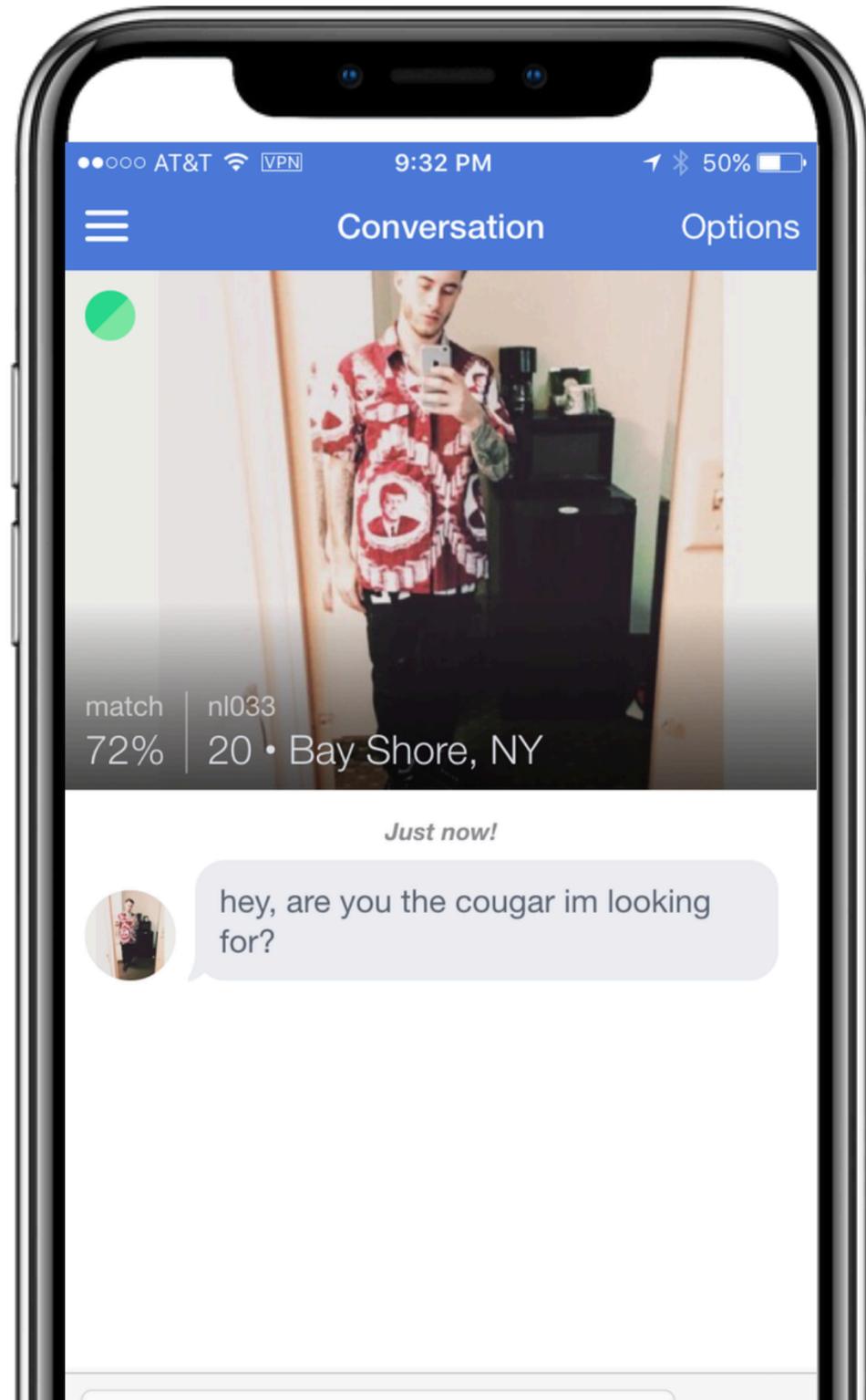
#5

CONSISTENCY

If the consistency of the actions you are taking today were sufficient to get you what you want...

you'd already have it.

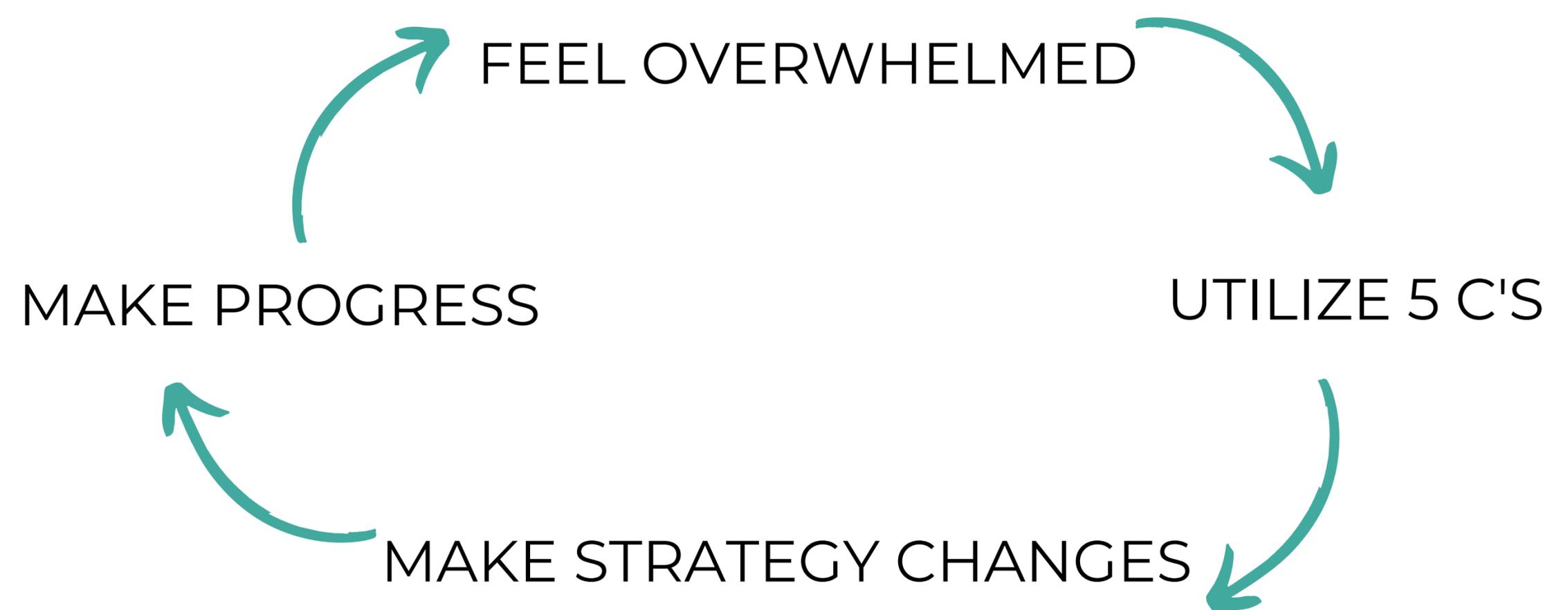
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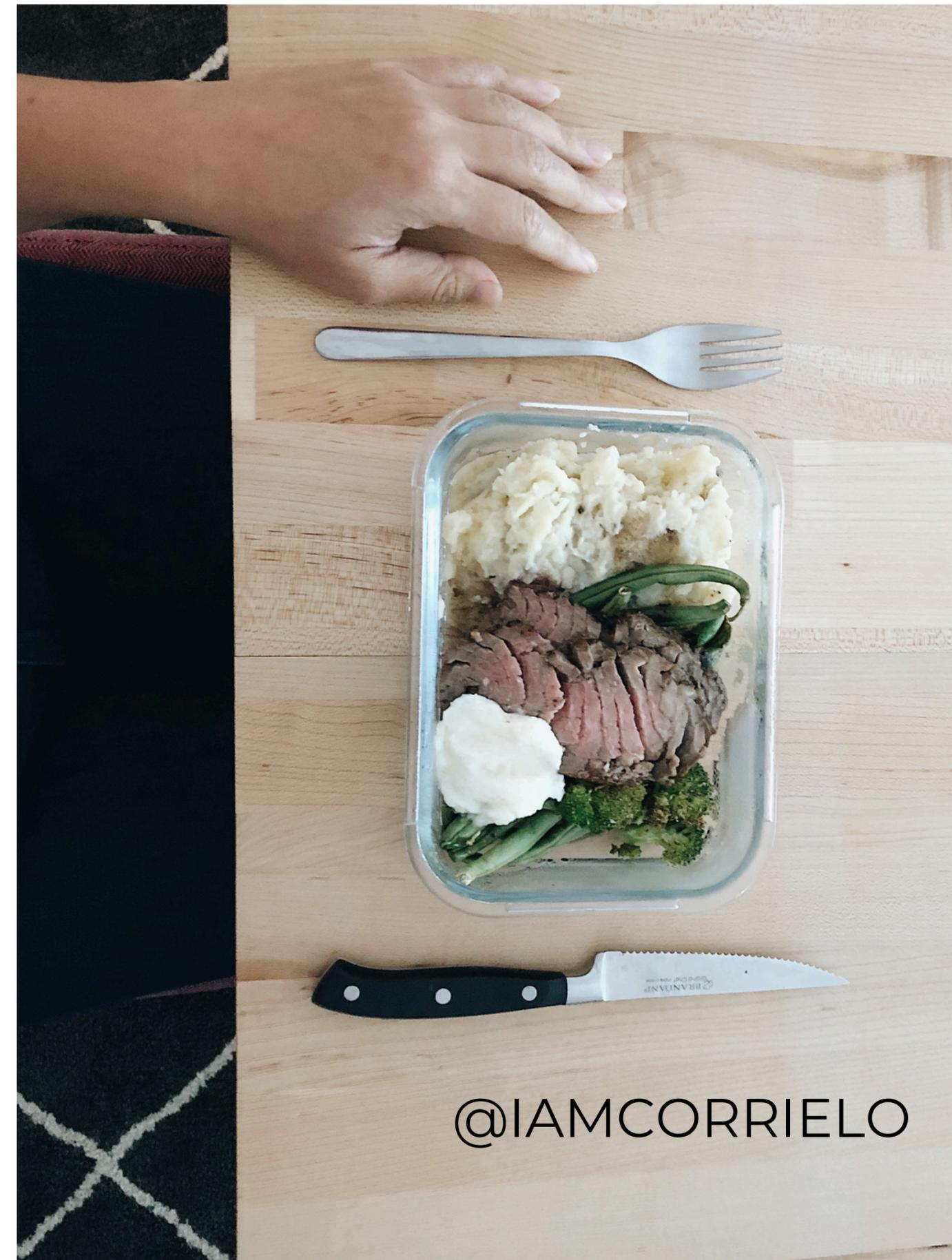
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the **CYCLE**





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# BACK SIDE

#1: WHAT AM I NOT CONFIDENT ABOUT?

#2: WHAT ACTIONS CAN I TAKE TODAY TO START BUILDING THAT CONFIDENCE?

#1: RATE PHYSICAL/MENTAL HEALTH 1-10

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CONFIDENCE

COMMUNITY

HELPING PREVENTING

1.

2.

3.

4.

5.

CONDITIONING

CONSISTENCY

1-5 PEOPLE I SPENT THE MOST TIME WITH

WAYS THEY ARE HELPING OR PREVENTING ME

SUMMARIZE ALL YOUR ACTIONS, PUT THEM ON YOUR CALENDAR, AND COMMIT TO ACTION!

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SIX MONTHS LATER...

# 5 REASONS TO OUTSOURCE TASKS

makingsenseofcents.com

## 22 TYPES OF INFO PRODUCTS YOU CAN SELL

- 1. EBOOKS
- 2. AUDIO/VIDEO
- 3. LIVE WORKSHOPS
- 4. SPONSORED CONTENT
- 5. MASTERMINDS
- 6. PDF GUIDES
- 7. EMAIL COURSES
- 8. COACHING
- 9. SOCIAL MEDIA
- 10. APPS
- 11. SOCIAL COURSES
- 12. DIGITAL PRODUCTS
- 13. COMMUNITIES
- 14. PRINTED BOOKS
- 15. SUBSCRIPTIONS
- 16. GROUP COACHING
- 17. CHALLENGES
- 18. SUBSCRIPTION SERVICES
- 19. COURSEBUNDLES
- 20. DIGITAL TEMPLATES
- 21. DIGITAL PLANNERS
- 22. PHYSICAL GOODS

TheBank

No.012

Corrie LoGiudice

\$200,000.00

Two Hundred Thousand Dollars

0123 4567 8910 1112

X

# 2019

"Try not to resist the changes that come your way. Instead let life live through you. And do not worry that your life is turning upside down. How do you know that the side you are used to is better than the one to come?"

- Rumi

The True Path to Happiness is Releasing Your Emotions & Using Them to Guide You

I wish I could explain your eyes, and how the sound of your voice gives me butterflies. How your smile makes my heart skip a beat and how every time I'm with you, I feel so complete.

Love is not an emotion, it is your very existence.

~Rumi~

GIVE

Don't grieve. Anything you lose comes round in another form.

Rumi

OFFLINE IS THE NEW LUXURY

Best Seller  
amazon.com

#1 New York Times Bestseller







A photograph of a family of five. On the left, a woman with long brown hair has a wide-eyed, open-mouthed expression of surprise or joy. In the center, a young boy is laughing with his eyes closed and mouth open. To his right, a man with a beard and mustache is also laughing with his mouth wide open. Behind him, another young boy is making a peace sign with his hand and has a joyful expression. On the far right, a young boy is looking upwards with a happy, slightly puffed-out expression. In the lower center, a baby is being held, wearing a pink outfit. The entire image has a dark, semi-transparent overlay, and white text is superimposed over it.

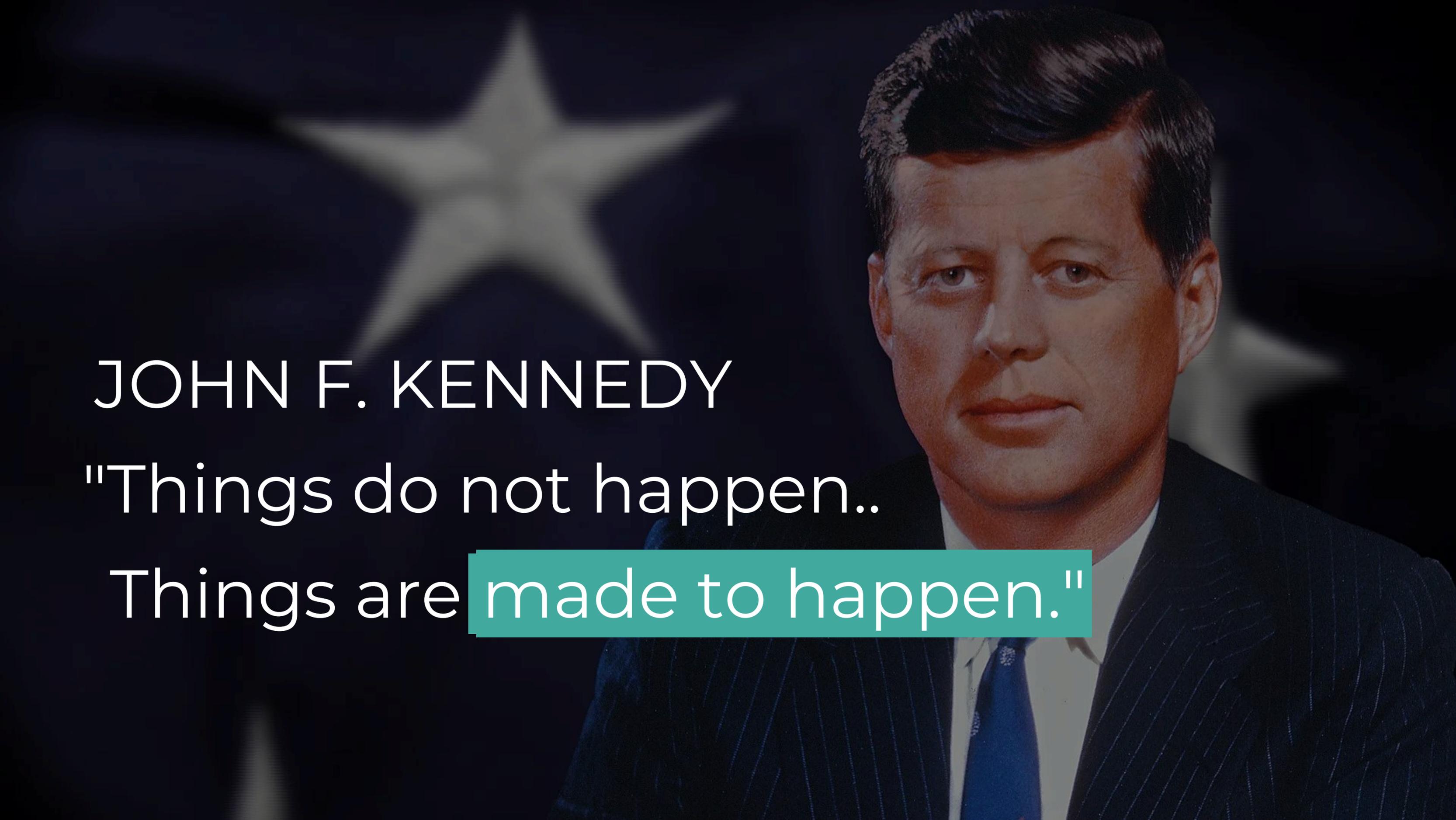
"If you want to lead an...

**EXTRAORDINARY LIFE**

It requires...

**EXTRAORDINARY ACTION."**

@iamcorrielo

A portrait of John F. Kennedy, the 35th President of the United States, wearing a dark pinstriped suit and a blue tie. He is looking slightly to the right of the camera with a serious expression. In the background, a large, faint, white five-pointed star is visible against a dark, textured background.

JOHN F. KENNEDY

"Things do not happen..

Things are **made to happen."**

# Thanks!

It would mean the world to me if you could take three minutes and share your feedback.

*Follow these two steps to get started and receive a free worksheet:*



## #1

<< SCAN THIS QR CODE

## #2

ASA24

<< ENTER THIS EVENT ID

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