



Find Your Passion and Use it to  
Get What You Want in Life

THE FUTURE IS  
EXCITING

# Focus Phrases as Develop & Live *Your* 4 Es

- What makes you tick? – what fascinates you?
- Maximize every opportunity – especially where you are today
  - Always living the “now” while building for the future
- Attitude is everything
- There are 24hrs in a day and you have all the time in the world, unless you waste it
- Don't wait for your ship to come in – build it one piece at a time
- Don't buy a motivational book – write it
- Be in the sweet-spot of life and career

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## What Makes Me Tick

Experiencing the power of ***Nutrition*** started the passion and became the vehicle to make a difference – not just a living

nutrition – sports – make a difference

So What Makes You Tick?

# Maximize where you are today! – That's Your Current Platform



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**NUTRITION & FITNESS SEMINAR**

# Plan A is living your dream – “the sweet-spot” of life/career

- Plan B (as necessary) supports you and the drive to Plan A
- Maximizing B keeps your confidence in pursuing Plan A & hastens the journey
- Attitude - good or bad, everyday is a day closer to the goal
- 24hours in a day – but
- Celebrate success – plan escapes/recreation as desired

# Starting Your Plan

Take Your Character Inventory then create steps  
in a plan *you* control

- Self-Confidence/Optimism with No Fear of Unknown
  - Subject Passion, Work Ethic & Patience
- Hard work can trump intelligence

# 4-Es - You Control so There's no Career Limits

everyday something moves in the right direction

## EDUCATE

- get smart fast & use it

## EXECUTE

- accountable to your plan

## EXEMPLIFY

- wear your brand/product daily

## EVOLVE

- get better & be ready the right way



# EDUCATE



- ***Learn something important every*** day that you can apply directly to your field or career
  - Education should be relevant and applicable at this stage
  - Get smarter to stay motivated – work should not be a chore – it should be a place you grow
  - Write down what resonated and use it
    - News, movie, game, social media, argument/conversation, textbook, school/classes, vacation, etc. - make this automatic
  - This collection of knowledge evolves symbiotically to form your subject knowledge and career's message



# EXEMPLIFY



- ***Lead by example***
  - Whatever you're selling, you better believe it – passion shows through as truth
  - Walk the talk -wear your brand/product
- Your family life & orbit is a microcosm of what your career is dedicated to
- Don't just know your subject – live it

# EXECUTE

- ***Be accountable to your vision/mission plan without “distraction”***
  - Out-perform everyone in current environment
  - Set mission goals/milestones (1&5yr career/personal) tied to overarching vision
  - Write shit down!! & execute it – focus! Everyday should be progress no matter how small –stay positive
  - Surround yourself with people of similar self-interests to execute - because culture is everything



# EVOLVE



- *Get better - be ahead of what's next but stay evidence-based & unique*
  - Remain grounded in truth but you can always be better at delivering it
  - Stay pure in your plight to be best & *keep evolving that legacy – because...*

**It matters what people think – that's who you are -like it or not**

# 4-Es of a Self-Made Approach to Career – No Limits

- **EDUCATE** - learn something new every day and apply it to your field
  - Got smarter - *and* - work remained a hobby - not a job
- **EXECUTE** – hold accountable to the vision/mission without “distraction”
  - Out-perform everyone- Set mission goals/milestones (1&5yr career/personal)
  - Surround with people with same self-interests to execute - and measure to.....
- **EXEMPLIFY** - lead by example. Whatever your selling, you better believe it – *passion shows through as truth*
  - Walk the talk -wear your brand
- **EVOLVE** – get better - be ahead of what’s next but stay evidence-based & unique
  - Stay pure in your plight to be best & *keep evolving that legacy – because if you.....*

**Care About Others & They’ll Care About You**

## **4-Es – Summary**

***Execute the Edu & Evolve with it to be Better  
Be your Product, Don't get Complacent & stay Positive***

***While you may not be able  
to always guarantee success, you  
can guarantee how hard  
you work for it and good things naturally happen***

***–it's not about toughness – It's about strength***

# MY 5 RULES FOR LONG-TERM BUSINESS/CAREER SUCCESS

## 1. The right product – the “big idea”

✓ Sell what’s unique/special about the idea

## 2. Passion for the product

✓ Breeds hard work, leading by example & an infectious positive attitude

## 3. Commitment to deliver & finish – don’t give up – **optimistic outlook**

✓ A failure is just another step to success when you’re committed - or you will always seek greener pastures that don’t often materialize

## 4. Patience – never go from A to C without going to B

✓ Don’t surrender your soul – short cuts don’t include compromising values & generally means you don’t want to do the work

## 5. Integrity – truth over popularity

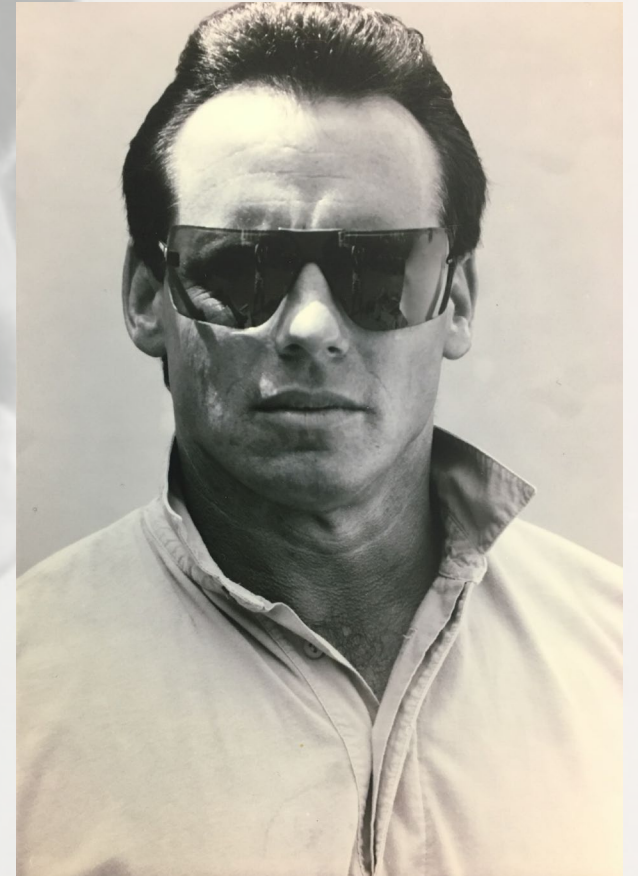
✓ Don’t manage data for your convenience. Can your honor be bought?

# MY 5 RULES FOR LONG-TERM BUSINESS/CAREER SUCCESS

## NO FEAR

Realize there are no boundaries except ones  
you set

Challenge yourself to make a difference here  
and *NOW – the environment you're in*,  
because that's how you find continual  
financial and spiritual success – evolve your  
legacy now



# Our End Game/On-going Legacy

- Find people & businesses with fitness passion and give them the tools to make everyone they touch live better longer
  - Extend life, health and play-span

## “Save the world through fitness”

- Personalize fitness for every household thru easily accessed properly trained professionals – we don't exist without **YOU**
- It's not just about your family, it's all families

**CULTURE - IS THE JOURNEY YOU WANT TO TAKE ONLY IN YOUR SOUL  
OR ARE THERE OTHERS? - FIND THEM THRU TRUTH**

*Neal Spruce*

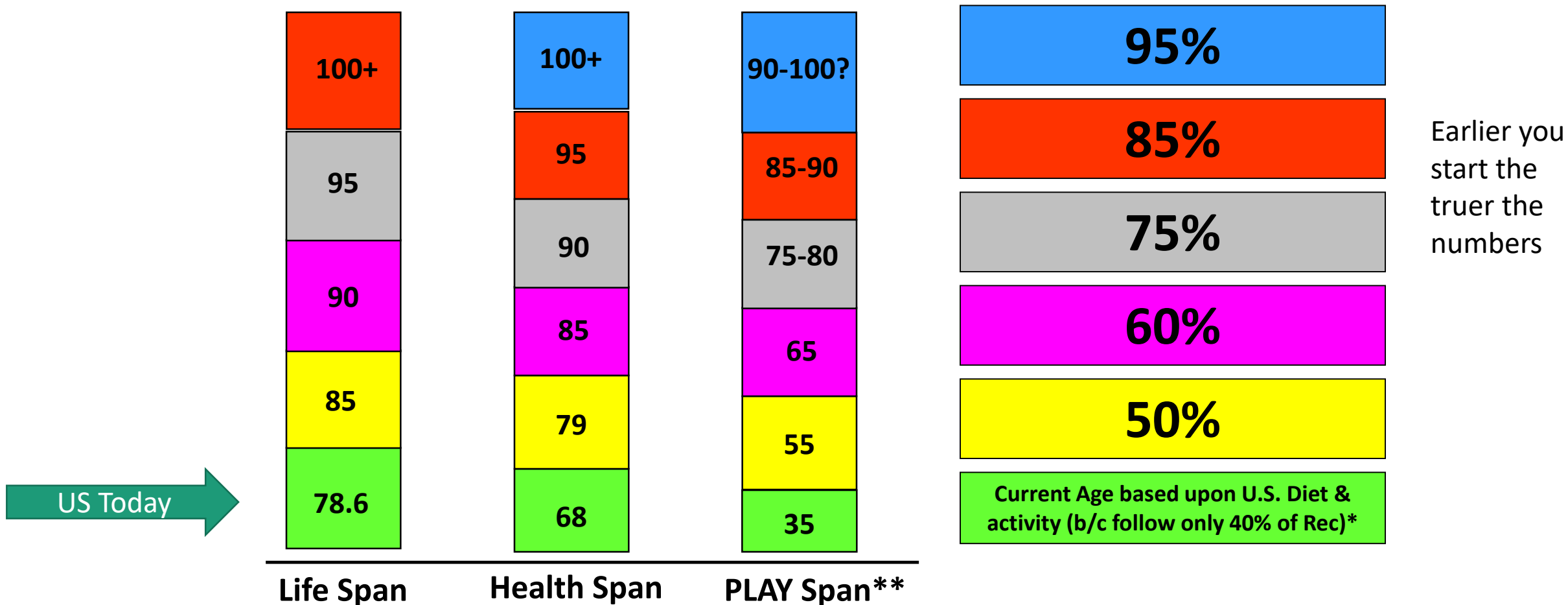




# FINAL CRUSADE – HOPEFULLY WITH ALL OF YOU WE CAN EXECUTE THIS

Three-quarters of the \$2.8 trillion in health care costs – which is predominantly sick care – are due to chronic disease. Most of these chronic diseases can be prevented or even reversed by changing diet and lifestyle – Data from CDC (REF) (REF1)

**PLAY LONGER AND LIVE INDEPENDENTLY BY STAYING ACTIVE, EAT YOUR BEST & FILL ALL GAPS WOMB TO TOMB**



***Modern humans have the potential to live longer/better***

\*Evaluating adherence to recommended diets in adults: the Alternate Healthy Eating Index: 48.2 (110)

*"Our genes are a predisposition but our genes are not our fate." -Ornish*

# Total Baseline Nutrient Augmentation in Supporting Diet To Help Humans Reach the Top Rung

## Now you know Why – World's Most Popular

- **Complete Multivitamin (incl. high D) & mineral-womb to tomb**[Ref1](#) [Ref2](#)
  - ✓ ~19-21VMs From  $\leq$  RDA to  $<$ UL- Synergistically with foods filling unavoidable/unpredictable gaps in all stages of life –**carry on from the prenatal to maximize all VMs dependent activities**
  - ✓ **1000-1200mgs/day calcium**[Ref3](#)
    - Diet first and supplements as needed to grow & maintain bone health
- **5-600mgs/day of omega 3 (EPA & DHA 3:2)**[Ref4](#)
  - ✓ Fatty fish 2-4Xs/week or add supplement to mimic levels of people with less disease risk
- **Protein 1gm/LB LBM divided 4-5Xs/day**[Ref5](#)
  - ✓ For recovery+ and staving off the inevitable
  - ✓ If exercising, use ~25-35gm (depending on age) fast acting protein 30-40min before & repeat immediately following

**No one would be immune to the benefits - because  
everyday of life is recovery from the last**



Nutrition creates health, not medicine, thus:  
Health is the domain of nutrition (and activity)

- Self-health care is the future – and we're it to help people *keep doing they love* -
  - Gym Vs. Hospital
  - Supplements Vs. Drugs (pill box for VMs or Meds?)

**Fitness is the Primary Preventative side of Health Care**

**Fitness = healthcare vs disease care**

“Our job is to keep your health while you have it”

# Healthcare or Disease Care



You can work with my staff now



Or their staff later

# The Life/Career Sweet-spot

## **Mine:**

Nutrition – Sport/Fitness – Make a  
Difference

## **Yours:**

In front of you  
– IF –

You can Plug-in to your Passion and  
Willing to do the Little Things Everyday  
That add up to the Big Things

