

Schedule

Email #1 - Friday, 01/11/19 (Approved and ready to program)
 Email #2 - Saturday, 01/12/19 (Approved and ready to program)
 Email #3 - Sunday, 01/13/19
 BREAK - Monday, 01/14/19
 Email #4 - Tuesday, 01/15/19
 Email #5 - Wednesday, 01/16/19
 Email #6 - Thursday, 01/17/19
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 Email #9 - Monday, 01/21/19

Email #1
 01/11/19
 —

Subject: We are all traumatized

Hey friend.

I had a VERY interesting conversation with a very smart old friend a couple of days ago.

We were talking about how most people were wounded children walking around as adults... including both of us.

The fact is... ALL OF US — regardless of what we believe in (or not) have been unintentionally traumatized as children.

...and here's the thing: Trauma at its core is a LOSS OF CONNECTION to OURSELVES.

It's not an external event that "happens" — rather it is THE IMPACT of that event which results in a disconnection to ourselves.

You see — the "root chakra" is responsible for your sense of safety and security on this earthly journey.

If you feel "disconnected" from yourself... your "root chakra" is certainly OUT OF BALANCE.

If you are NOT SURE whether this applies to you — I invite you to [Take our Toxicity Quiz to find out.](#)

Until then, I wish you nothing but health, happiness and prosperity this year 😊

—

With gratitude and blessings,



Amish Shah
Founder of Project Yourself

Email #2
01/12/19

Subject: "be healthy" he said...

Hey friend.

So...

My brother vowed to "be healthy" in 2019... but I saw him stuffing down a pint of ice cream a few days ago.

SIGH 😞

Anyway — Want to check in with ya.

How are you doing with your new year's resolutions for 2019?

Just in case you fell off the wagon... consider this to be a reminder to get right back on track 😊

You see...

Your ability to stick to your resolutions has a LOT to do with how receptive you are to accepting new experiences.

If your Sacral Chakra is out of balance... you are likely going to find it challenging to accept new experiences.

BTW, did you get a chance to [Take the Toxicity Quiz](#)?

If not, I highly recommended that you take it.

Here's to you KICKING ASS with your new year's resolutions... 😊

—

With gratitude and blessings,



Amish Shah
Founder of Project Yourself

Email #3
01/13/19

Subject: I ~~am~~ was fat (Part I)

Hey you.

I got a confession today.

Yes, I used to be fat.

But, that's not even half of it.

At 25 – I was RECKLESS, OUT OF CONTROL, SICK, and at one point looked like a wanna be gangster rapper.

(in addition to being fat)

Seriously.

If you don't believe me — [here's the dirty evidence](#) 😊

Basically, I was swimming in a toxic wasteland (both emotionally and physically) full of all sorts of NAAASTY stuff.

That's what lead me to discover the ancient science of Ayurveda.

Ever heard of it?

Ayurveda is the "most time tested" method of re-connecting yourself to nature... and addressing the "root causes" of our modern, toxic lifestyle.

It looked SO PROMISING that I flew ALL THE WAY to India to check it out.

Let me tell ya.

I was NOT disappointed with what I found.

Phew.

This email is already getting too long...

I'll tell you the rest of the story soon...

Stay tuned!

—

With gratitude and blessings,



Amish Shah

Founder of Project Yourself

Email #4

01/15/19

Subject: I ~~am~~ was fat (Part II)

Heya.

So... like I mentioned a few days ago...

At age 25 — I was reckless, out of control, sick, and was spiraling out of control like a broken helicopter.

(in addition to being fat)

I mean, [you saw the video](#) — so you know the story 😊

So...

Then I discovered Ayurveda — the ancient science (I'm talking 4th century BCE!) of using proven, natural substances to REMOVE TOXINS so you can live in harmony with nature...

(stay with me here - it gets interesting)

Since this all "sounded too good to be true" — I decided to fly to India to verify the claims.

I AM A SERIOUS SKEPTIC, so I WASN'T EXPECTING MUCH AT ALL.

I was expecting the trip to last a weekend... maybe a bit more.

...But, here's what actually happened:

I went down a 5 YEAR LONG rabbit hole interviewing all sorts of experts in Ayurvedic medicine.

Day after day, things got stranger and weirder.

Everything I found was so incredible that I JUST HAD TO DIG DEEPER.

With the help of local doctors, I even tried it several times.

Here's the craziest part: After multiple treatments, I was NO LONGER SICK 😲

Remember the [Toxicity Quiz](#) I sent you a couple of days ago?

Don't let the simplicity of it fool you.

I made the toxicity quiz with the help of a board certified doctor (Dr. Trupti Gokani) while studying the ancient science of Ayurveda for 5+ years.

Question is, DO YOU KNOW IF THERE ARE TOXINS INSIDE YOU?

Let me rephrase.

DO YOU KNOW ~~IF THERE ARE~~ HOW MANY TOXINS ARE INSIDE YOU?

That's right.

With our hectic, stressful modern world — it is an INEVITABILITY that toxins will eventually creep into you.

Just in case you haven't taken the Quiz, let me invite you to [TAKE THE TOXICITY QUIZ](#) so you can sleep peacefully tonight.

I wish you nothing but health and prosperity, my friend 😊

—

With gratitude and blessings,



Amish Shah

Founder of Project Yourself

Email #5
01/16/19

Subject: Can you do it?

Hope ya enjoyed the letter I sent you yesterday.

Today, I have a (fun) secret for you.

You might be chugging along this weird ride we call "life" trying to achieve all sorts of commendable "goals" and stuff.

...and when you are trying to achieve stuff, inevitably, you are going to get STRESSED OUT.

Plus...

If you don't slow down, STRESS will eventually turn into DISTRESS and things will get BAD even faster.

I am sure you have first hand experience, like most of us 😊

So, as you go on about your day trying to achieve goals (including new year's resolutions) — here's something to keep in mind:

Instead of focusing on the "big picture goal" and constantly comparing how far behind you are — try to focus on the small actions that will GUARANTEE the achievement of your goal.

Here's the secret I promised earlier:

To live through an impossible situation, you don't need the reflexes of a Grand Prix driver, the muscles of a Hercules or the mind of an Einstein — YOU SIMPLY NEED TO KNOW WHAT TO DO.

That's right.

You simply need to KNOW what to do, then you simply need to ACTUALLY DO IT.

It's NOT hard at all.

We humans just like to make things complicated for no reason!

Here's how to do it:

Simply breakdown your biggest goals into tiny little delicious snacks... so you can do them without getting intimidated.

Day after Day, Consistently.

THAT is how the masters actually IMPLEMENT their goals and get results.

Figured I'd send you a reminder.

Something for you to think about today...

See you soon, my friend 😊

—

With gratitude and blessings,



Amish Shah

Founder of Project Yourself

P.S: If you've been too busy, go ahead and [take the toxicity quiz](#) to find out how toxic you might be.

Email #6
01/17/19

Subject: How's your defense?

If you were to bet your hard earned money...

Would you bet it on a HONEY BADGER or a COBRA in a fight?



Personally, I would bet money on the honey badger.

Those things are VERY resilient and their defenses are impressive.

Fortunately, you and I won't have to defend ourselves against a badger or a cobra.

That's the GOOD NEWS.

Here's the BAD NEWS:

We STILL have to defend ourselves against adversaries like:

- Negativity
- Stress
- Toxins
- Poverty
- Sickness

How well can you protect and defend yourself against the above list?

Most folks aren't very good at proactively protecting themselves from things like negativity, stress, sickness, and toxins.

(BTW, did you get a chance to [Take The Toxicity Quiz](#) I sent you?)

One of the best ways to defend yourself from “bad juju” like the list above is to proactively FORTIFY YOUR MIND with positive, hopeful emotions before you leave the house.

For example, if you read a page of your most inspiring book after you wake up, your mind is effectively protected by a “anti-negativity” layer of defense for the rest of the day.

Consider this letter to be a reminder to protect yourself 😊

May you prosper beyond your wildest dreams!

—

With gratitude and blessings,



Amish Shah

Founder of Project Yourself

Email #7

01/19/19

Subject: This band sucks

Wanna hear a TERRIBLE BAND?

Here, [take a listen to this](#).

Pretty bad huh?

Disharmony never sounds good, and it doesn't just apply to music either.

It applies to MOST things in life, including:

- your relationships
- your vibrational frequency
- your health

It even applies to YOUR CAR!

Remember how your wheels get "wobbly" while you drive and you need to visit a mechanic to "align" those wheels so they drive straight?

Same idea.

The MOST IMPORTANT question for you to ask yourself today is...

When the "potholes" of life throw your mind and vibrational frequency "out of alignment"... how do you get back on track?

Who do you go see?

What do you do?

When life throws you into "disharmony" — how do you get back into "harmony"?

By the way... If you are NOT SURE whether you are in "disharmony" — [the toxicity quiz](#) I sent you recently should help you answer that question.

For example...

If your health is "out of alignment", perhaps a serious juice cleanse might be a good option for you this year.

If your mind is “out of alignment”, perhaps taking up meditation might be an option for you.

Either way, keep all this in mind, because if you don’t — the inside of your mind and body might end up sounding like that terrible band 😊

Here’s to harmonious living!

—

With gratitude and blessings,



Amish Shah

Founder of Project Yourself

Email #8

01/20/19

Subject: A message from a friend...

Hey friend.

I have a message for you.

Before I get to the message, let me tell you a quick story.

Once upon a time there were 3 bricklayers.

Each one of them were asked what they were doing.

The first man answered gruffly, 'I'm laying bricks.'

The second man replied, 'I'm putting up a wall.'

But the third man said enthusiastically and with pride, 'I'm building a cathedral.'

The question is: Which bricklayer describes you the best?

That's what today's message is all about: accomplishing your goals while having a massive vision for your future.

All those bricklayers might be doing the same exact thing, but all three of them will end up in completely different destinations.

ALL because of their personal vision.

Your vision is a bit like the "destination address" you put into your GPS.

Without it, you are guaranteed to get lost.

This message is a reminder for you to reflect on your vision before you go to sleep tonight 😊

—

With gratitude and blessings,



Amish Shah

Founder of Project Yourself

P.S: If you've been too busy — you can STILL [take the toxicity quiz](#) to find out your current toxicity levels.

Email #9

01/21/19

Subject: Your dream life (inside)

Hey there, friend.

I am delighted that you are alive and well enough to read this message today.

I want to chat about an important topic.

It's about what it takes to create your dream life.

Ever thought about WHAT IT ACTUALLY TAKES?

Considering that it's a brand new year, it's a great topic to think about.

Now, the first thing I want you to realize about creating your dream life is that IT'S POSSIBLE.

Many folks don't even believe it's possible for THEM, so they end up subconsciously sabotaging themselves.

The first step is to establish that something is possible; then probability will occur in your favor.

In other words, you MUST learn to believe from the core of your soul that it is possible for YOU to live your dream life on your own terms.

Don't let it that fool you, as it is the MOST IMPORTANT step in building your dream life.

...and here's the thing: the type of self-belief and confidence I am talking about won't inspire you to post about this on your social media or even tell your friends about your "plans"

The type of confidence I am talking about is PURELY INTERNAL and is a type of QUIET CERTAINTY that's personal to you.

Once you begin to have PURE, UNAPOLOGETIC CERTAINTY in yourself like this — the universe begins to conspire to help you in unimaginable ways.

The only question left for you to answer is: How would my dream life look like?

I'll let you think about that 😊

I hope your dream life becomes a reality!

—

With gratitude and blessings,



Amish Shah

Founder of Project Yourself

P.S: BTW, If you've been too busy — you can STILL [take the toxicity quiz](#) to find out your current toxicity levels. Try it out. You might discover something interesting and helpful.
