



YOUR JOURNEY TO GREATNESS THROUGH ROUTINE

A Guide to Creating a Success Routine

YOUR JOURNEY TO GREATNESS THROUGH ROUTINE is an in-depth, step-by-step study guide on the science of habits. This book contains insights, tools and inspiration to equip you in building a routine that will empower every aspect of your life. Pages filled with compelling statistics, case studies and elements of neuroscience and human physiology. You will discover irrefutable science-backed evidence that, when applied, will transform your state of mind, ultimately, giving you total control of your life, career and destiny.

Through small, daily changes utilizing this interactive journey, you will learn new methods of thinking and living that will revolutionize your world and propel you to GREATNESS!

IN THIS BOOK:

- 7 Actual Case Studies
- The Brain Science Behind Habits
- Retraining Your Brain Through Cognitive Restructuring
- Heart Science, Energy and the Law of Attraction
- Powerful Principles of Influence and Greatness
- Tips and Tools to Build Your Success Routine

ABOUT THE AUTHOR:

Speaker, Corporate Trainer and Coach, Michelle L Steffes has over 20 years of experience as a Leader, Director, Team Builder and Business Builder.

Steffes has completed over 10,000 hours of study in neuroscience, physiology and human behavior. She empowers by utilizing cognitive methods to accelerate growth, increase performance and transform self-defeating mindsets.

Michelle is Founder and CEO of IPV Consulting, Founder of IPV Group Coaching and Creator of the 5 in 5 Performance Coaching Program. Featured in multiple magazine publications, radio programs and national media networks, her network includes a plethora of corporations, executives and individuals desiring effective change in business and life as usual.