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with Trina Gray, club owner, fitness entrepreneur & business mentor

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- FUNCTIONAL FITNESS
- GROUP EXERCISE
- GROUP FITNESS
- HIIT FITNESS TRAINING
- KICK BOXING
- KOREAN FITNESS
- MINIBODY FITNESS
- MOBILITY
- NUTRITION COACHING FOR FITNESS PROFESSIONALS
- NUTRITION COACHING & WELLNESS PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PLATEAU BUSTERS
- PLATEAU BUSTERS
- PROGRAM DESIGN FOR FITNESS PROFESSIONALS
- SMALL GROUP PERSONAL TRAINING
- SMALL GROUP TRAINING
- SPECIALIZED TRAINING
- TRX
- TRX CHAIR
- TRX CHAIR TRAINING, LIGHTS, CAMERA, ACTION
- WEIGHT MANAGEMENT
- YOGA
- YOGA II
- YOGA III
- YOGA IV
- YOGA V
- YOGA VI
- YOGA VII
- YOGA VIII
- YOGA IX
- YOGA X
- YOGA XI
- YOGA XII
- YOGA XIII
- YOGA XIV
- YOGA XV
- YOGA XVI
- YOGA XVII
- YOGA XVIII
- YOGA XIX
- YOGA XX
- YOGA XXI
- YOGA XXII
- YOGA XXIII
- YOGA XXIV
- YOGA XXV
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- YOGA XXVII
- YOGA XXVIII
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My current business and life success tips. (Fill them in!)

1. To be a great leader right now, rate your _____ and your _____.
2. These three create business success: right _____, right _____, right _____.
3. Your ideal life starts with your _____.
4. Grit + _____
5. To live a better life, rate your _____ and your _____.
6. Failure/Frustration = d_____ d_____ or d_____
7. Life is 50/50 _____ + _____.
8. Move through the _____ faster.
9. Don't overcome or tackle fear, _____ it.
10. Worry is like a _____.

My Recommended Reads:

The Life Coach School Podcast, by Brooke Castillo
Untamed, by Glennon Doyle
Everything is Figureoutable, by Marie Forleo
Chillpreneur, by Denise Duffield-Thomas

Stay in touch! IG @trinagrays FB: Trina Gray
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