

HOW TO

FEEL THE PART



MOMO[MUSCLE]

MOMO[MUSCLE]



IDENTITY

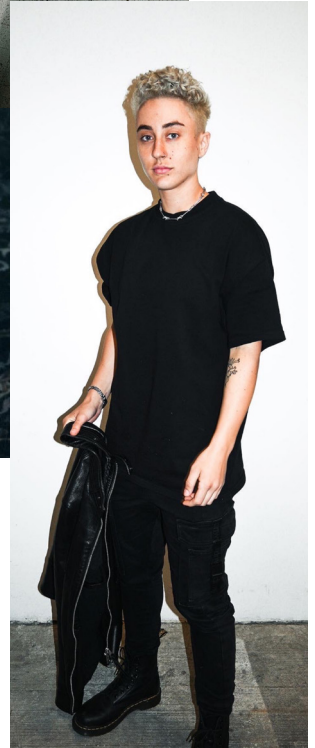
LIGHTS, CAMERA, SELF-CONFIDENCE. MMMM. HOW DO WE GET IT?

You might not know this but I was and am still pretty awkward lmao. A lisp that put me in speech classes, sweaty social anxiety + braces for 8 years.

I was how I was and it was a bit different. Because of this, people noticed.

The kids at school loved to pick on me. So I did the whole home school and questioned who I was. Why was I so "weird"?

But then something changed...



It took me 18 years to start realizing I wasn't the problem. I started learning to accept myself. Regardless, if people didn't like me.

Self acceptance turned into self belief which created my life now.

I had to go within to lighten my depression, anxiety and self-hated.

Learning that who I am on the inside matters so much more than just how people view me or how I look. It was the beginning of my spiritual journey with myself.

This was pivotal for me as I was raised in a religion that taught me I was wrong and a sinner *lol* I was carrying a lot of shame and identity issues where I just didn't know who I was or who I wanted to be.

I had to teach myself that just because I'm attracted to women doesn't make me 'bad.'

That because I like wearing men's pants over women's doesn't make me unrighteous.

SPIRITUALITY CHANGED MY LIFE BECAUSE IT GAVE ME PERMISSION TO BE ME.

It taught myself that intention and heart condition matters more to me than what I was taught — going to church twice a week and women wearing dresses.

Spirituality changed my life because it gave me **permission to be me.**

It was a beautiful combination of self love, education, discipline + action.

Now, I want to share with you the resources + beliefs I learned to be able to stand here today.

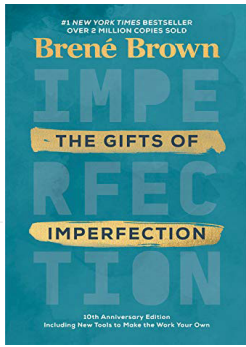
The pivotal beliefs that I had to instill to un-brainwash myself into loving myself.

Just don't be afraid of some studying. Read, podcast, YouTube. It will all pay off.



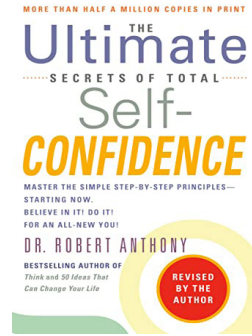
MY LIBRARY





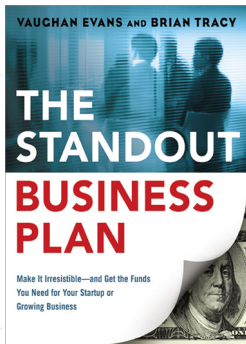
EMBRACING THE GIFTS OF IMPERFECTION

The book that taught me about shame. The book that taught me to name it so I could unlearn it. I stumbled upon this book at 16 and it changed my life forever. I finally had a supply of supportive voices in my head — Brené Brown.



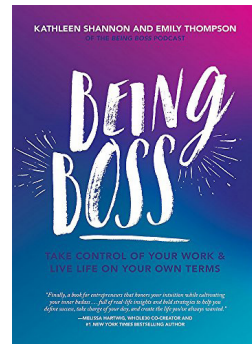
THE SECRETS OF SELF CONFIDENCE

If I can learn it, I can do it. I am a very analytical brain, so social cues and norms don't always come natural. This book gave me a roadmap to more confidence.



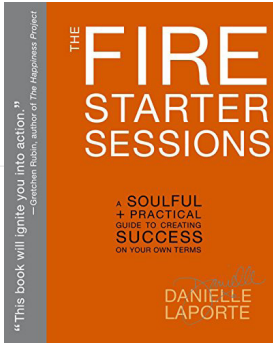
THE STANDOUT BUSINESS PLAN.

Market research. When it comes to success, market research, spending years perfecting your product and building your brand is almost a nonnegotiable. This book made me map out every step of my business. It took me 6 months of research but I had a 40 page business plan that built more self belief. Yeah - you may never use it, but imagine you obsessively study competitors, see your brand with clarity and create a 5 year plan. Invaluable back end work that no one will see but you will begin to believe.



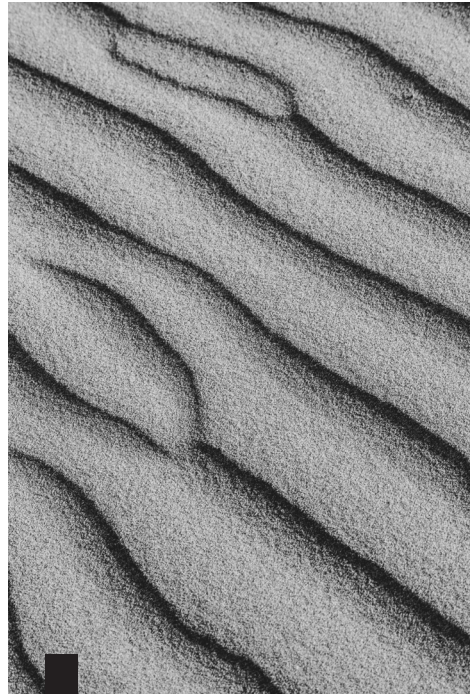
BEING BOSS

Brand. What brand? Need to go within to figure out your brand? Welcome to Being Boss.



FIRE STARTER SESSIONS.

Fulfillment and success go hand in hand. This book pulls out your pain and makes a brand from it. A great way to get the ideas flowing and creating in alignment with your purpose.



MY PODCASTS





WE CAN DO HARD THINGS

Oooof. Glennan okay. Listening to a loving mother who also is in a lesbian relationship is the most healing thing of mah life. Feels like a wholesome, relatable group of friends every time I listen.



THE GOAL DIGGER PODCAST

As an entrepreneur, you need to wear every hat. Usually you don't have the budget to hire, so learning how to talk to your audience, brand yourself, build email segments, learn Instagram strategy, are all things on your plate. Don't back down now, commit to the journey. The more you learn, the more valuable you are.



MIND YOUR BUSINESS PODCAST

This will teach you how to work in alignment with yourself. Creating more efficient, purposeful impact.



8TRACKS

Motivational mix - this type of shit. It saved my life. When I didn't have anyone in my life, I had these guys yelling in my ears at the gym. Fighting for the reps, fighting past temporary pleasure, fighting for myself. I can't tell you enough how much these mixes have elevated my mind. Try listening during an intense activity such as weight lifting or boxing and let you body release anger and move through emotion at the same time. Look for similar tracks to this one.



ANDY FRISELLA PODCAST

A little intense but sometimes we need it. Search for the instagram strategy ones.

04 MY SUPPLEMENTS



Now your brain can be chemically disposed a certain way. Seeing a psychiatrist and/or therapist can help with this. I have a family history of addiction, depression, and suicide. Sometimes you need support and that is okay.

I have been on a few antidepressants and am currently on one right now. It really really has helped me to not be consumed by my emotions. I was meditating, journaling, going to acupuncture, working out, doing all the things but I still felt heavy and numb. Talk to your doctor if you feel medication can be helpful for you.

As far as natural ways to help anxiety, I swear by these supplements. Sometimes depression leads to anxiety or anxiety leads to depression. Either way, acknowledging there is a deficit and how to support your brain is helpful.



RELAXMAX

Both of these supplements are distributed by doctors. But let me tell you — wow. I went from chaos in my head to a singular voice.



OPTIMAG

Same deal here. I know there are alternatives on amazon to these brands but I read reviews that said they don't work as well as these ones from your doctor. If your anxiety is controlling your life, these are definitely a: Game. Changer.

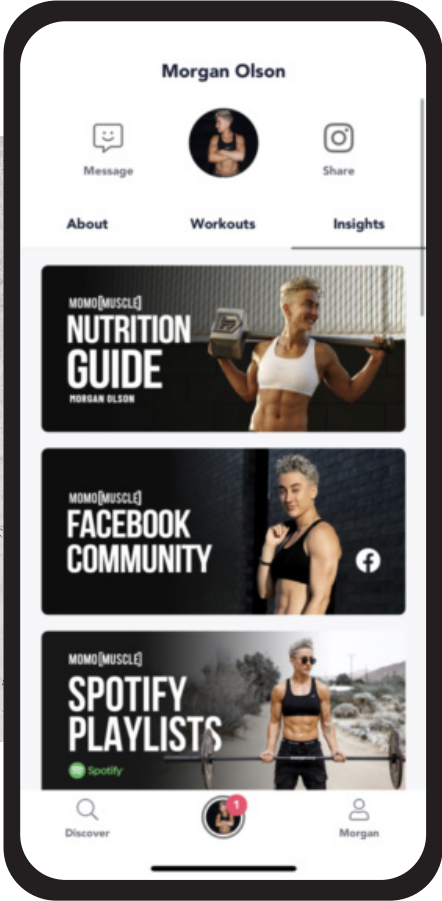
THE COMMUNITY



The reason I built MoMoMuscle was actually to prevent LGBT suicide. The community, the confidence, the self-acceptance is the real reason behind fitness. Joining our MoMoMuscle community is truly a blessing. I would love to have you on there. Either having the app or a program is the way to join.

If you're tight on funds, just sign up for the app for \$1 + start talking to people who get — you.

**CLICK TO SIGN UP
FOR JUST \$1**



THE GYM



Okay, so we are feeding our brain. We have motivational mixes, educational pieces, vulnerability blueprints, self acceptance. What are we missing?

The physical. It is mind, BODY + soul.

We cannot neglect one of three pillars to true ascension.

For getting the body that makes your outside, match you inside it has to come from self-belief + body optimization. You have to channel your pain into something that would make me proud.

Optimization such as: nutrition science, precise bio-mechanics, and efficiency is key mentality.

The aesthetic that comes with the gym is one that build confidence.

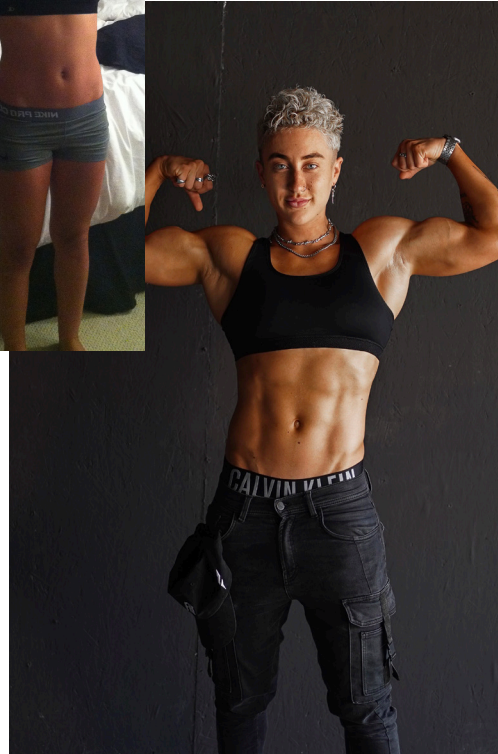
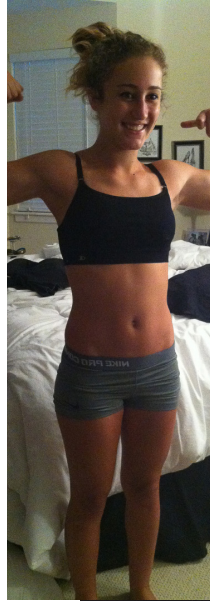
As a masculine presenting woman, I love having big arms.

So it's not just about the 6-pack, it's about you feeling proud of yourself.

The muscle comes from falling in love with the journey.

To learn what I've learned, my Fighter Program will optimize your body with nutrition science.

For real training to hack our own genetic disposition, download my app here. ->



**DOWNLOAD THE
APP**



OUTRO



Moral of the story - if you decide to never quit, you will be successful. In your mind, body + soul. Nurturing each aspect helps you **FEEL** the part.

Educate your brain.

Learn how to build the back end of your business.

Create a path of discipline and consistency.

No one will do this for you.

But, you will show everyone the impact you have to make in this world.

You are not a problem.

I love you.

I am proud of you.

Prioritize temporary pleasure for long term success.

You will be successful, if you never quit.

— Coach MoMo