

How to Keep Your Faith Unwavering

Many Christians will agree that it's not always easy to keep an unwavering faith. Hey, we're Human!

Now there's a way to become closer to God from the inside out.

Book Stuart Schaefer, author of new book **Lifetime Physique**, to speak at your next meeting or event and share a message of how **Developing INNER STRENGTH** creates a driving force to achieve our purpose!

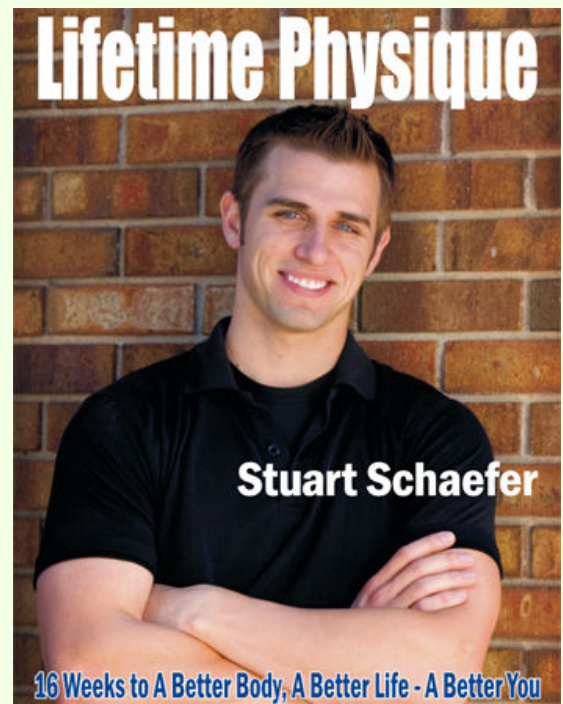
Imagine the power of a focused mission. We could all benefit from defining the "Success Questions:"

- **Why** – The purpose
- **What** – The goals
- **How** – The plan

*Answer the questions and create the **FIVE C's**...*

1. **Communication** between God promotes a stronger faith, better attitude, and peace of mind.
2. **Connection** among people creates a strong foundation and sense of unity. WE BECOME STRONGER.
3. **Consistency** is created from having a Purpose and knowing the steps to accomplishment. This creates a VISION that can be seen and followed.
4. **Commitment** leads to idea sharing and more creativity. People strive for higher levels of achievement.
5. Inner **Control** and drive to achieve our Purpose generates a sense of RESPONSIBILITY and people become SELF MOTIVATED to succeed!

Stuart Schaefer is a living, walking, breathing success story of his new book, *Lifetime Physique: 16 Weeks to a Better Body, a Better Life--A Better You*. He has been involved in the fitness industry for nearly a decade—starting as a bodybuilder, then moving into training where he has helped hundreds of men and women transform. He leads motivational seminars and teaches people how to become self-motivated.



Stuart Schaefer
Phone: 303.918.2792

9370 Las Ramblas Ct. Box T
stu@fitwithstu.com

Parker, CO 80134
www.lifetimephysique.com