

POSITIVE ⊕ MOTION

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Dear Friend,

Thank you for taking the first step to fill your life with Positive Motion. There is no doubt you have enjoyed many great successes in your personal, professional, and spiritual life. But, as with most forward thinking people, I'm sure there is no doubt you are always seeking to take it to that next level. I am confident that after hearing about and experiencing Positive Motion you will feel so fulfilled you'll want to share this feeling with the rest of the world! Positive Motion will infuse positive energy into your life, which will affect your relationships – at home, with your friends, your family, and at work, with your team members, superiors, clients. With Positive Motion you are a source of positive change and motion with a purpose.

The Positive Motion program is about building and maintaining and building again on that positive momentum. Just like a sales person builds a client base and the energy from those loyal clients encourages the momentum to create and maintain more loyal clients.

All of these things show that we could have a successful and life-building relationship.

In almost all circumstances, you start with a pebble and build a solid rock of success; then you balance, distribute, and share that success with everyone who is open to seeing and understanding your ultimate goal.

I am proud of the success I have attained with Positive Motion throughout the world. I know that by sharing my life experiences, and workout with the students at your school or the team members of your business I will inspire, motivate, and encourage them to be the best they can be. I can help aid in relieving them of the fear and negativity that may be holding them back from having the positive and happy life we know is possible.

I am absolutely confident that we will make a difference because positivity breeds positivity and that, as well as bringing energy and better relationships to those it affects both directly and indirectly, is what this program is all about.

I believe in exercise and living with a positive attitude and I know that Positive Motion succeeds because it changes people's lives for the better and helps give them the tools they need to build momentum, energize their attitudes, and achieve a happy and wonderful life. I know by your reading this you believe in these things, too, and that you have seen first hand that it can work. All of us together can make a huge difference in so many lives. Combining our visions for the best life possible and bringing the mind and body aspects together as one will be a mighty force.

Several recent studies have found that employer provided avenues to physical fitness and mental and life skills for employees leads to increased productivity, decreased sick days and workers compensation claims, and healthier and happier relationships in and out of the workplace. More and more companies are realizing these benefits and are incorporating teams or committees to manage these aspects and in-source or out-source fitness and health professionals to work with their companies. Positive Motion is ground breaking in the beauty from-the-inside-out education field and can be an important asset in the building and maintaining of your business. We both know it is wonderful to have happy and healthy employees, but that doesn't always come easy. Employers are realizing that hiring people to help create and maintain this within their companies is a vital asset that improves their bottom line, saves them time and money, and even increases their public image.

The Positive Motion program can be a great asset to the team members at your business. Positive Motion can make an amazing impact on employees as nothing ever has before.

A team member's experience would be that much more enhanced and even more beneficial because the program can help:

- create greater bonds between members, eliminating unhealthy competition and creating cohesive and conducive relationships;
- instill the importance of physical activity and nutrition;
- energize and motivate their minds and bodies, getting them excited about their lives, careers, relationships, health, etc.;
- promote positivity, remove negativity, and encourage better and healthier attitudes toward each other, the instructors, and clients;
- decrease absenteeism and increase work ethic;
- break-up the monotony and keep the employees excited and moving towards their goals;
- give the employees something to look forward to and increase their self-esteem and self-worth;
- increase clientele due to the new vibe amongst the members and within the business
- get the employees and everyone involved out of the "can't" and/or "won't" cycle.

Most importantly, The Positive Motion Program will help team members discover the power in positivity and knowledge.

It's simple. All it takes is the right messenger with the right message to motivate and give students, employees, couples, whomever, the knowledge and skills to replace the negative influences with the positive and make great improvements in their lives.

I know I am that right messenger and together we can achieve success.

Following, you will discover the core of the Positive Motion Program, which I feel will easily fit into the direction of your company or school.

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PHILOSOPHY

Tabula Rasa = Empty Slate

Each new day is a fresh opportunity to create a positive environment for ourselves and for the people we encounter. The intent of Positive Motion is to give people the tools and knowledge to see that this can work and can easily be incorporated into their lives. I grew up overweight with poor self-esteem and no role models to educate and encourage me. It took a lot of willpower and perseverance, but I learned to appreciate the value of fitness and translated movement and positive thinking into creating a full and rewarding life. Others have not been so lucky. I can be that role model, that mentor, that positive light and the Positive Motion program can be that tool that wakes people to that fresh opportunity every morning and shows them how to live it day after day.

MISSION STATEMENT

To use the Positive Motion Program and Products to spread my passion and love for fitness throughout the world and inspire others to live a positive, motivated life so they may experience a successful, satisfying, active existence. Subsequently, they will share their experience with those around them and spread a positive message of a healthy and active lifestyle throughout the world increasing the value of their life, relationships, and goals.

To share my story of growing up overweight and never feeling good enough and how I overcame those fears and negative outlooks to become successful in life, love, body, and mind.

To take the “lose” out of losing weight and losing attitudes and losing perceptions and replace it with the “gain” of gaining choices and gaining changes and gaining a zest for life never felt before.

GOALS

To motivate, energize, and promote a positive lifestyle and attitude.

To reach as many people possible through Positive Motion and instill the values of fitness, health, self-worth, and a positive, productive life.

To share my story and let others know success in mind and body is possible.

To increase physical fitness and positive attitudes.

To decrease the obesity and low, no, wrong self-esteem epidemic.

COMING TOGETHER IN POSITIVE MOTION

Successful partnering is about building an open and honest relationship. In order to build a long, solid, successful business relationship all aspects of the relationship from the organization and planning of the project, to budget, are open to discussion and negotiation.

Positive Motion is hereafter referred to as PM

GOALS (in addition to those listed above)

-To motivate team members by having Patrick travel to businesses and schools throughout America sharing his PM fitness program and telling his inspiring story.

-To energize employees and students to increase their productivity at and live in a way that will positively improve their lives through better health, better relationships, increased clientele, better learning and comprehension – the possibilities are endless.

PILOT PROGRAM

FORWARD MOTION – Taking Off From the Pilot Program

Patrick has shared his Positive Motion Program and Products with thousands of people all over the world and, although it translates to all ages and languages it can also be molded to best fit the format of a specific business or school.

MEDIA PLAN

Recruiting and retaining, employees, clientele, and customers are an important aspect of business. A comprehensive media plan will be formulated to promote PM and the specific business that utilizes PM.

In each city the newspapers, TV stations, Radio stations, etc will be notified to promote the PM program and business or school that is hosting the program. The objective will be to make the community aware that the businesses or schools educate your students/ employees in mind and body and are a positive and comprehensive place for a student to get an education, or an employee to nurture their body and minds.

APPLYING THE PRINCIPLE

By filling your **Tabula Rasa** with **Positive Motion** it will allow you to **Gain Momentum**, because **You can do it if you try** so let **Positive Motion be your Propaganda**.

Thank you for taking the time to explore the Positive Motion Program. I invite you to visit the website. www.positivemotion.us . Click on the “Patrick’s Story” banner to complete your first circle of Positive Motion. We also have DVD’s to check out PM upon request I look forward to your feedback and ideas on how we can come together in Positive Motion.

-Patrick