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## Think Inside the Box

Brent Gallagher | [Instagram](#)

What's \_\_\_\_\_ that you're currently overlooking?

### UNLEASH YOUR LEADERSHIP

\_\_\_\_\_ = #1 Value

\_\_\_\_ - 3 - \_\_\_\_ - 3

3 : \_\_\_\_\_

3 : \_\_\_\_\_

1 : \_\_\_\_\_

3 : \_\_\_\_\_

ASK: What are you \_\_\_\_\_? How are you \_\_\_\_\_ it?

If your \_\_\_\_\_ isn't all about you, it will live \_\_\_\_\_ you.

#### INSIDE MY BOX MISTAKE #1:

Check out [The Four Workout Styles](#) to discover how you're wired to workout and build a keen sense of self-awareness.

### ESTABLISH A FINANCIALLY FIT FACILITY

Level of \_\_\_\_\_ is directly related to your \_\_\_\_\_ towards it

To \_\_\_\_\_ in business, stick to a monthly written \_\_\_\_\_.

#### ACTION STEPS:

1. \_\_\_\_\_ Personal & Business Accounts
2. Set aside \_\_\_\_\_ of monthly net profit in separate tax savings account for Quarterly Estimates to IRS
3. Build an \_\_\_\_\_ and don't touch! 3-6 months of expenses

Profit & Loss Statement = \_\_\_\_\_ & \_\_\_\_\_

1. Income from where?
2. Create income for hurting areas?
3. Maximize high performing areas?
4. Largest expense? Can I cut it or make it work hard?
5. Total of little expenses? Eating profits?

#### INSIDE MY BOX MISTAKE #2:

Bold Question: What's your \_\_\_\_\_ budget?

## WORKOUT & BEYOND

Biggest Competitor = \_\_\_\_\_

<p style="text-align: center;"><b>A. 1</b></p> <p style="text-align: center;">_____</p> <p style="text-align: center;"><b>BODY</b></p>	<p style="text-align: center;"><b>A. 2</b></p> <p style="text-align: center;">_____</p>	<p style="text-align: center;"><b>A. 3</b></p> <p style="text-align: center;">_____ *</p>
<p style="text-align: center;"><b>B. 1</b></p> <p style="text-align: center;">_____</p> <p style="text-align: center;"><b>BODY PUSH</b></p>	<p style="text-align: center;"><b>B. 2</b></p> <p style="text-align: center;">_____</p> <p style="text-align: center;"><b>BODY PULL</b></p>	<p style="text-align: center;"><b>B. 3</b></p> <p style="text-align: center;">_____ *</p>
<p style="text-align: center;"><b>C. 1</b></p> <p style="text-align: center;">_____</p> <p style="text-align: center;"><b>BODY PULL</b></p>	<p style="text-align: center;"><b>C. 2</b></p> <p style="text-align: center;">_____</p> <p style="text-align: center;"><b>BODY PUSH</b></p>	<p style="text-align: center;"><b>C. 3</b></p> <p style="text-align: center;">_____ *</p>

### INSIDE MY BOX MISTAKE #3:

Explore ALL \_\_\_\_\_

### ACTION

1. What are you currently doing that's \_\_\_\_\_ working?
2. With your current set up, how could use \_\_\_\_\_ things in a different way?
3. Are you operating above \_\_\_\_\_ within your current capacity?

## KEY TAKE AWAY

Client's are \_\_\_\_\_ interested in new. They simply want \_\_\_\_\_ done \_\_\_\_\_.

## INSIDE THE BOX RESOURCES

### Leadership Books

1. Linchpin - Seth Godin
2. The Ideal Team Player - Patrick Lenconi
3. Essentialism - Greg McKeown

### Podcasts:

1. EntreLeadership
2. Andy Stanley Leadership
3. Read to Lead
4. #AskGaryVee Show

## TAKING *INSIDE THE BOX* TO THE NEXT LEVEL

As my way to say *Thank You* for investing your time to listen to my talk, I want to offer you a complimentary 30 minute coaching session. Simply [email](#) me to set up a time. Thanks again. I truly hope you walked away with one game-changing inside the box step.

- Brent Gallagher

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## KEY RESOURCES:

- Association of Fitness Studios | [LINK](#)
- Sponsor: Matrix Fitness | [LINK](#)