

Rachel: Hello, everyone. Today, we're here with Clint Warren. Clint is an ex-con and recovering heroin addict turned motivational speaker, author, and entrepreneur in short order. He credits this transition with replacing every bad habit with great ones. He is the founder of Stacked Agency advertiser and blogs regularly at clintwarren.com. And I met Clint on Twitter. I knew immediately that he would just be amazing for this show. He's just extremely positive, energetic, and has an incredible back story. After we booked an interview, he was sharing this story with me about how he was shot twice while tackling a gunman. During that moment, he just talks about how he just begged for another chance after he was shot. He just learned a lot from that about living with a sense of urgency and making sure to really cherish life, so I'm looking forward to talking with Clint about that, about how to live with a sense of urgency, and just unlocking your greatest potential. So thank you so much for being here, Clint.

Clint: Thank you so much for having me, Rachel. It's a pleasure.

Rachel: Likewise. So the intention behind A Better Life is to show people that if they have a choice, they can choose a better life. So in that spirit, can you take a minute to share with us some of the things that you're most proud of in your life?

Clint: I think at this point, you know, my businesses. My primary business is the agency, and I think what I'm most proud of is the team of people that work, that I get the chance to work alongside. I've built a lot of systems and procedures, and really building the business as much for myself and my future as I am for them and their families and their future. My amazing friends, mentors, the people who support and inspire me. I think as well just my determination to work harder than most people are willing to day in and day out knowing that it would, at some point, pay off. And it's starting to. And yeah, you know, just I guess the feeling of just going through so much and having so many opportunities to give up but continue to push through. I'm feeling like, you know, I made it out on the other side and I'm stronger as a result.

Rachel: Yeah, you have gone through a lot. And how do you keep that mindset to just keep going?

Clint: Sometimes it's tough. Sometimes it's tough. I think, ultimately, no matter what you're going through, it can be used as a source of strength and know that you have a choice of how you internalize things. I wouldn't wish what I've been through upon my worst enemy. However I wouldn't trade it for anything in the world because it just makes me incredibly grateful for everything that I have now,

and it gives me a frame of reference for when things, you know, my day's not going great. I have an incredible frame of reference to refer back to and know that it's certainly been a lot worse.

Rachel: Yeah, you know, so to give people listening some context, can you let them know about a time in your life when, like maybe it's the time that you reference when you're thinking about things could be worse, or just any time where you felt like super just trapped and like things couldn't get any worse?

Clint: Yeah. So just, I'll just give my quick, in a nutshell, bio. I was a pretty talented kid, athletically and academically, in high school. My choices for college were Harvard and Yale to play baseball. I had it into [SP] junior year, and then I started doing drugs. I have a very addictive personality. So I got an early admission to a second-tier college. Harvard and Yale went away pretty quickly. I was kicked out of college beginning of sophomore year. I stopped playing baseball. My first overdose was freshman year of college. I got kicked out sophomore year. I got shot when I was 20. I was involved in a situation. Drugs were a part of that, but they weren't necessarily the cause. Most of my 20s were spent being arrested or overdosing. You know, humiliating sort of string of existence.

And I did, was entrepreneurial, but I got involved in some stupid stuff. And in 2011 I was arrested for trafficking marijuana on charges in Connecticut and Colorado and I was sitting in a jail cell. I was looking at upwards of 10 years in prison. And at that moment, I'm trying to pinpoint, like I know the exact moment where I just said, you know, "I'm sick of going to bed every night knowing that I have so much potential." And you know at that point I didn't even think I had that much potential but I knew I could do better. And I was sick of letting people down. I was sick of letting myself down. I was sick of nobody trusting me, not staying true to my word, and I just said, you know, "Whatever happens from here on out, I'm just going to try harder. I'm going to try to do things better." I wasn't sure what that meant yet or where it would lead. I just was sick of putting myself in bad situations.

And I thought a lot of stuff was a result of bad luck. It was just a result of bad decision-making. So that marked. You know, I bailed out. I went to rehab. I got sober, and that was, lo and behold, a big issue in my life very thankfully was lifted. And as a result I had to, you know I realized, well while I'm awaiting sentencing I need to build another business. I need a way to make a living. So I taught myself web design and stumbled upon WordPress, which I knew was

going to change the way that websites were built, maintained, and operated. So I very quickly built up a freelance business, went to prison in 2013, used the time to get stronger in every sense of the word, mentally, physically, and spiritually, and you know set a lot of goals for when I got out. When I got out I just hit the ground running.

So I got out of prison in May of 2013. I served four months out of ten. What reduced my sentence was helping a lot of people in the recovery community who wrote letters of reference. And by the time I got out of prison I was ready to rock. And I knew what I was capable of if I kept my head on straight.

Rachel: Oh wow.

Clint: So there was . . . die in that jail cell, but I made the decision to . . .

Rachel: Oh, I'm sorry to interrupt you, but you, it got cut off there. You said "there was" and then it got cut off.

Clint: There was. I forget.

Rachel: You were just talking about, because it, then it went back in the jail cell. Well either way I think it's great. We can just . . .

Clint: Okay. All right.

Rachel: So. Wow. So you, so after 2011 you knew that it could be, you could be stronger, but you didn't know exactly how. You just knew there was more potential. So you started the freelance business, but then you had to go to jail like two years later. So by the time you went to jail, did you kind of have a better grasp of what you wanted to do? Was it do more with the freelance business or did you have other plans?

Clint: Sure. By the time I went to prison, I had so much freelance work that I actually had clients on retainer that I would manage over 15-minute collect phone calls that knew my situation. I had such good search traffic to my site that I had colleagues that I would refer business to. So I had someone who would check my e-mail and then forward leads for 15% commission. I knew that I loved web development, that I was good at it, but I also was very interested in creating a product which was a WordPress educational business. And I wrote the business plan to that in prison and visualized it each day, the first workshop. So when I got out, within about three months after that I did my first workshop. And it was pretty cool because it was exactly like my visualization.

Rachel: And that was actually going to be my next question. So you said for four months, you stayed there every day, and you were doing things to make yourself stronger. So visualization is obviously one of the things that you did. What else did you do?

Clint: Sure. I, so I got up really early. You're allowed to get off your bunk at 5 a.m. So I'd get up at 5. I would meditate for 30 minutes. I'd do 30 minutes of yoga. Visualize or do my visualization, I would journal. During the day I would read. I would devour personal development books. You could get stuff shipped in off Amazon, so I'd get truckloads of personal development books. I would, you know, write my goals when out. I would just visualize what I wanted out of life. I set my standards really high because I felt that I deserved it, that I had worked really hard, and I wanted to set high expectations.

I would work out like a madman. I was actually featured in Men's Fitness United Kingdom. I wrote an exhaustive blog post anonymously online, and they tracked it, they traced it back to my Reddit account and asked if they could publish it. I surrounded myself with positive people, and there's not many positive people in prison. But I found a couple guys that were, you know, wanted to do something with their life, and I surrounded myself with them. Tai chi, you know, pretty much all the habits that I continue to take with me on the outside. And I will say also that one of the biggest blessings is not having technology. It was so liberating to not have a cell phone, access to a computer, or anything like that. And it's actually something that I try to replicate a little bit on the outside because we take for granted how distracted we are on a day to day basis, constantly waiting to send or receive information at all times.

Rachel: Oh yeah. Absolutely. So when you were in prison and you were doing all these things, how did it with the other inmates? Were they saying anything about it? Were they making fun of you? How did they do this?

Clint: Truthfully, I don't know. I think they respected it. You know it's like you just sort of, one of the greatest compliments that you can receive in prison, if there is such a thing, is that, "He knows how to do his own time." And you just kind of put your head down and focus on yourself. Everyone does their time in a different way. Some guys sit on their bed and you can buy a TV off commissary and watch TV all day. I looked at it as like, this is like a retreat for me. You know, this is my time to spend four months and reflect and visualize my future. So no, I mean, people asked me for workout tips. They asked to borrow books. I counseled them about whatever I could.

Rachel: Wow. So what of the books that you read, this is just a personal indulgence question, what of the books that you read stood out to you the most or helped you the most?

Clint: Yeah. [Think and Grow Rich](#). I'd read that before, but I read it cover to cover several times. [Think and Grow Rich](#), all the Robin Sharma books, [The Monk Who Sold His Ferrari](#), what are some of his other ones? [Leader Without a Title](#); a ton of [John Maxwell books](#); [The Secret](#); [Michael Hyatt, Platform](#), is that what it's called? Yeah, [Platform](#). A bunch of books that related to similar to The Secret. There was one buddy of mine who just like introduced me to all these different authors. A lot of Dan Millman books, so the [Way of the Peaceful Warrior](#), yeah. [Tony Robbins](#), like every [Tony Robbins book](#).

Rachel: Those are some huge, huge books.

Clint: Yep. Yeah, well prison is the time to read them.

Rachel: Yeah. So you had all this time to do so much stuff in prison, and now in your daily life, what do you do to just consistently grow yourself? I'm sure you can't spend as much time as you did then.

Clint: No, but you know I can try. And I do have a similar morning routine now. You know I get up very early. I usually get up about 3:30. But the question most people forget to ask is what time I go to bed, and I usually go to bed at about 8:30. So I get up very early so that I can meditate for an hour. I can do my yoga, my journaling, my affirmations, visualization. I always try to carve out time to read. I think it's just so critical to always be learning something and approach everything with a beginner's mind that you know in the grand scheme of things I know nothing. I know a lot about certain topics but I'll always have room to learn. So I try not to get complacent in anything I do. Anyone that I meet I can either be a student of theirs or a teacher to them.

Rachel: Love that. So how did you surround yourself with new people? Because I'm sure you had to completely overhaul your friends.

Clint: After I got arrested?

Rachel: Yeah, well just from, yeah that point where 2011 to where you are now. Do you have a completely different support system or have people or maybe not?

Clint: Yes. I initially started going to AA and NA and that was big because Alcoholics Anonymous and Narcotics Anonymous. And I surrounded myself with people who had long-term sobriety, like 20-plus years. I found a really good sponsor, which is in AA someone who is sort of like a mentor that you talk to every day. I was very selective, and I picked a guy named Frank who actually passed away last year. And he was a real like hard-core dude but you wouldn't know what would come out of him. He was a really successful guy and it was a good program because I had a real role model like a father figure who'd been through a lot of the stuff I'd been through. You know he was there. I had breakfast with him the day I went to prison. He'd been to prison before. So I just basically built a circle of people and became a lot more selective with who I hung out with. And I think once you set your standards and you know you only attract those kind of people in your life. The people who are gossiping and you know not fully invested in what you're doing or live up to your standards tend to be kind of intimidated by someone who has higher standards, if that makes sense.

Rachel: It does. So how did you set your standards, and do you remember what you set them to?

Clint: I just said, well okay, so here's the thing. When I was in rehab, I remember going to this AA meeting. It was like, you know, the third day. And there was this guy who was up there. And he spoke and he was really eloquent speaker. And I said, "That's going to be me. I'm going to be the dude who's just like has this amazing story." And I just said, "That's going to be me." And they told us, you know, like 1 out of 37 of you will actually stay sober. I looked around and I said, "That's going to be me. Guarantee it. I am going to be the guy who turns, gets, makes it through all of this and comes out on top." Not, you know, to spite other people but I really wanted it. I wanted to just, I realized too that with so much prison time hanging over my head I didn't have any wiggle room whatsoever. I knew I couldn't afford it. So I just, I wanted to live according to the principles that I was being taught by an amazing mentor and by a program that practiced a lot of, you know, good moral values.

Rachel: And so you, so you decided that you're not going to relapse, you're not going to get back into anything. Did you say anything to yourself, "I want to be around people who have X, X, and X quality?"

Clint: Kind of, yeah. I mean, you know, I definitely didn't hang out with people who were negative or who gossiped. I wanted to hang out with, you know, and this sounds kind of shallow, just seemingly successful people. I wanted to, you

know you are the sum of the people that you hang out with, so I was very selective, so.

Rachel: Yeah, that's great. I mean that, I think that makes sense. So now have you had any episodes where you, because, I'm curious because we just had an [interview with Scott](#) who said that in the beginning he would still feel like he wanted to go back. And he was actually addicted to meth. And so he said that he would have these thoughts that he wanted to go back. I'm curious if you had those with pot or anything. I know you said at one point you were also addicted to heroin and yeah, did you?

Clint: No. It's . . . and a lot of people ask that. I will say now, starting in late last year, I'll occasionally have a glass of wine. And it was something I had a real struggle with because people told me like, "Oh you can't do anything." It's like no, you know, occasionally I like to have a glass of wine. And it hasn't been an issue. But in terms of drugs absolutely not. You know it's, when your life is so drastically different it's, like I didn't give up anything. I gained so much by stopping. And I, you couldn't hold a gun to my head and put a bag of heroin in front of me and tell me to do it. I don't think I would because that would be a bullet through my head. You know it's, and when you, I think back and I deeply internalize the overdoses and the humiliation and that feeling of complete opposite of empowerment, nothing can take me back there.

Rachel: And you mentioned in your bio how you now replace every bad habit with great habits. So I'm sure the great habits, they include what you were saying about the meditation and the Tai Chi and reading, you know are there other things that you do as well?

Clint: I think it's, you know, it's even like the vocabulary that you use. I used to look at everything as like I was the victim, you know? I was, it was bad luck. And now it's like I create my luck and I'm very cautious with the words that I use. I'm very grateful. I love, I use love a lot. I catch it in e-mails, I'm like, "I used love like four times in that e-mail." I think it's, you know, again going back to just choosing the people I'm around, choosing to use positive words, choosing to smile, choosing to be kind to people, choosing to intentionally find ways to contribute acts of kindness. I still do typically three to four times a week I write a handwritten wax-sealed note to somebody, typically a letter of appreciation. It's those small habits that, you know people don't forget that. You know they're like, "Wow, you sent me a wax-sealed note telling me how much you love and appreciate me." It's like yeah, you know, it took a minute out of my day but I definitely meant it.

And yeah, you know, working out, taking, I firmly believe that, you know, you get your body right first through exercise and proper nutrition and sleep and that's the foundation. And so many people neglect that. I taught a course, The [Six-Figure Freelancer](#), for people who wanted to learn how to build a freelance web design business. And the first section was entirely about taking care of your body, your mind, and your spirit because so many, I think people neglect that. And I don't want to be some guy who outwardly is very materially successful but who is like overweight and balding and not you know in charge of his health. That's where it starts.

And for me in prison, I'll just go back to this one moment, I was meditating on my bunk and the sunlight crept through the top window and I started to cry because I knew at that moment, you know, I'd searched my whole life, and a lot of people search their entire life, for that feeling of just deep, profound inner peace. And I realized that materially I had nothing. You know I had a canvas jumpsuit, a state-issued bed and, you know, a plastic cup. But I was totally free. I, you know, I'd found that inner peace. I was healthy. I was happy. I was just grateful to be alive. And I can always return to that. You know I could lose everything tomorrow that I own but I still have that within me.

Rachel: So I know, I mean there's a huge difference, obviously, from where you are now and where you were then. And I know for people listening it might be like, "Oh, you know, it's just like a huge transformation." So I'd love to also just, for people to I guess get the full picture, what do you think is something that people don't share about improving yourself, either it's not sexy or it just doesn't paint this rainbows and butterflies picture?

Clint: I think the biggest thing is that it's so much work. It's so much work. It doesn't happen overnight. For every thing and habit that I have now I could show you 50,000 that didn't work, that were either counterproductive or they just didn't make any difference. But I always ask myself, "How could I improve this? How could I try something different?" Like I shared with you in our talk before this my struggle with binge eating up through last year. And in many ways people looked at me and it was like, "Wow, you know, he's building this agency. He's very successful." But I felt like a failure because I couldn't control my eating. And I would sit down every week and write out what could I have improved this week and it was like, "You could improve your freakin' eating because you can't control it." You know you go out and like binge eat donuts and stuff. And I was just beating myself up over it so bad. But I'd always ask myself every week, "What

can I try differently this week?" And I finally found something, with the bullet-proof diet, something that worked. I didn't give up.

And I think that is where a lot of people fall short. They say, "Well, I tried everything." It's like, you didn't try everything. There's always another way to do things. And if you just ask yourself the right questions, like "How could I try that a little differently to make it stick?" That's the not sexy part about self improvement, is just all the work day in day out. But, you know, the payoff is, it's your life. And I firmly believe this is the only shot that we get at this. And I don't want to waste it.

Rachel: So with the eating for example, was it every week you would try a new habit?

Clint: Yes. You know, I went to Overeaters Anonymous meetings. I had an OA sponsor. And you have to understand, Overeaters Anonymous is primarily middle-aged women. So I would sit in these groups and wonder like, "What am I doing here?" There's one guy who is really successful. You know he was similar background to me. He got sober but then he couldn't kick the food. But then he kicked the food. And for that I would e-mail him what food I was committed to eating that day. So I'd plan my food and I'd e-mail him. That worked for about a month. But then I started, you know, I'd go out to eat and I'd eat differently than what I planned. And so, you know, then I was like, "Well maybe I'll try something else."

You know I just kept trying. I tried a lot of stuff. But I kept, yeah, finding different ways to tweak it. You know I tinkered with like never eat this, not eat that. It was, you know, always a work in progress. But I wanted it that bad. I think that's for a lot of people, having that motivating factor. I knew how much food was holding me back because in many ways it was just as bad an addiction or even more than drugs. It was that same self-defeat. You know when, I laugh when people are like, "Oh this, these Oreos are addictive as crack." I'm like, "No, I've smoked crack and to me Oreos are more addictive."

Rachel: Wow. So every time you thought that you would try something new, it was just how can I do this a little bit differently? How can, and you just kind of had limitless ideas?

Clint: Yeah. I mean you know just how could I, how could I tweak it, you know? So like when I wanted to do affirmations, make that a habit, what I initially did is I would print out a list of affirmations and put it next to my toothbrush. So I anchored it next to a different habit that I already had in my own life. But prior to

that you know I was like, I would print out my affirmations and have them on my nightstand but I would forget to do them for whatever reason.

Rachel: So what do you mean when you say "doing your affirmations?"

Clint: So I stand in the mirror and I recite my affirmations morning and evening. Do you want, do you want to hear them?

Rachel: Yes if you're okay with sharing them.

Clint: Yeah, of course. So they are: I am a genius and I apply my wisdom. I am the culmination of all knowledge in human history. And these are not to like, it's not, you're saying this to just instill this in your head. I'm an amazing speaker standing before thousands of students feeling blessed as I transform their lives. I'll go through some of them because it's, you know, it's a list of like 16. I'm creating my reality. Everything I visualize and focus on happens. I am building a business that produces the most amazing online experience ever and marketing strategies that produce incredible returns for our clients.

I am walking to a beautiful two-bedroom apartment to the woman of my dreams filled with love and lust because, just as a side note, my girlfriend I met on December 13, 2013. I'd been out of prison at that point for about six months. And that first date I knew. And I wouldn't let her leave that first date without scheduling the second. And I told her my whole background and everything. And you know by the end of that year I was visualizing us living together. And in March we're going to be moving in together. So I'm very grateful to have her in my life. She believed in me from day one despite, you know, my background and history.

Rachel: Wow. Is it the two-bedroom apartment?

Clint: Yeah. Oh yeah.

Rachel: I love it.

Clint: Just because everything I visualize and focus on happens.

Rachel: Congratulations.

Clint: Thank you.

Rachel: That's great. Did you feel kind of funny when you started the affirmations?

Clint: Yeah. You know you're sitting there reading these things in a mirror and, look there's some stuff that I'm a very science and rational guy. I think there's some stuff that, this stuff just works for me. I very much believe in the visualization affirmations. There will always be people who don't but since I've been doing these on a consistent daily basis and also revising these over time depending on what I'm focusing on, sure enough you are your thoughts. And I, this is a good side note you know, it's like you can choose to spend your day in so many ways. And I choose to fill it with positive thoughts and energy. I'm very cautious with like getting consumed by social media. I don't own a television. I don't watch the news or read the news because I protect my thoughts and make sure that they're positive and really filled with, you know, positivity.

Rachel: That's great. So what is something right now that maybe you're working on, working through in your life, and how are you getting through it?

Clint: That's a good question. I think right now one of the things I'm working on is as we have a good team in place continuing to improve our workflow and procedures. You know we have a lot of leads for new projects, and I want to make sure that, you know, the team is in place to handle everything. I'm not going to slow down on bringing in business but I want to make sure, do we have backups? Do we have extra people that we can pull in? Because, you know, I built my business on my word and my reputation. And we have to hit tight deadlines. And you know your reputation is made or broken by how well you can hit deadlines. And as the projects get bigger and bigger, I'm always confident we can hit them. I just want to make sure that we have all the systems in place that, you know, it's very nerve-wracking. You know you build a business just yourself. When you start hiring people, it's a little scary to relinquish some of the control. But I have an incredibly loyal team. You know I don't say that they work for me. I just say I'm very honored to work alongside them. I play a role in the company of having formed it but other than that they help run the business just as much as I do.

Rachel: Oh that's great. I'm sure they love working with you to be treated with that kind of respect.

Clint: Thank you.

Rachel: Absolutely. So a lot of people right now, they might be listening and inspired by you but still scared or kind of unsure of what to do to make changes in their own life. So what advice would you give them?

Clint: Start small. Figure out, you know, what your why is. And when I say your why it's like why do you want to make that change to begin with? When it came to my health, my eating, I knew how much that was holding me back. My why was pretty simple. Like I wanted to escape that self-defeating trap. I wanted to feel better. My why when I got sober was I just wanted a better life. I wanted to be manageable. I didn't want to keep getting arrested. But I think change starts with, you know, having that motivation. A buddy of mine is a chiropractor who lost a ton of weight and he knew he had to but his why shifted when one day his son came home and said, "Dad, you know, I want you to live for at least another five years and you're not going to with the way you are now." And that was his why. And it's different for everybody. But it starts with focusing on one thing, having a strong motivation, and then just doing small, incremental adjustments.

Sometimes sweeping changes work too. You know if you want to through out all the food in your house and just stock up on healthy stuff that's cool. I mean if we're going to focus on food. But for me it's like, it's you know, in terms of exercise it's starting with just doing yoga and then doing Cross Fit. And then it was layering on more and more stuff. But it was making those small changes, not overwhelming yourself.

Rachel: Yeah, I'm really glad you said that because I was worried as people were listening they might think, "Well I can't do you know Tai Chi and meditation and you know all the other things, reading and working out." So I love that you brought it back to just start small and have a why. And people can absolutely start with one small habit and then layer it on with other things. And that's totally doable.

Clint: Yeah, and that's a great point. And I just want to tell everybody out there, number one thank you for listening, number two yeah like for what I do now every day I mean I've built it up for so long over the years. It started out with the tiniest thing. It started out with just you know waking up and meditating.

If your goal is to begin meditating, get up tomorrow and meditate for two minutes. Stick with the tiny acts. And people get very intimidated often when they hear me because they think that I'm a guy who does all this stuff and I have managed time and that's not true. I've just made tiny adjustments and I continue building on it. So start very small and you know if it's, if you're trying to improve your eating, like focus on eating just one extra serving of vegetables a day. Drink a little more water. You know take, go out on your lunch break and go for a twenty minute walk.

It doesn't have to be this massive overhaul. But over time just continue asking yourself, how can I continue improving this? How can I get better? And that's, you know, that's really my biggest piece of advice because, you know, when people ask me how I got to where I was to where I am, my motivation was very strong to get better because my life sucked. But I continued asking myself every day, what new habits can I create? I knew who I wanted to become but I wasn't sure how to get there. So I just tried a bunch of stuff and you know I found little things slowly but surely that worked. And I stuck with them. And that's, you know, those habits that I build up over time to where they are now.

Rachel: Yeah, that's such a powerful thing. Before the call we were talking about our mutual love of [The Slight Edge](#) and then you said about the book [The Compound Effect](#), which I haven't read yet, but shares the same principle of just those small things do add up to making huge returns. And obviously you're a phenomenal example of that.

Clint: Thank you.

Rachel: Yeah, so I'm sure that people would love to know where they can learn more about you. So can you let them know?

Clint: Sure. So my personal site is [Clint, C-L-I-N-T, Warren, W-A-R-R-E-N, .com](#). I write fairly regularly, and if you sign up, you know I don't sell anything to my newsletter, I send out a free book called *Unlocking Your True Potential*. That basically outlines how I developed all the systems I have. The goal of that is really just to help people. I've had people reach out and say, you know, they've read the book and they've applied what's in it and it's dramatically improved their life. You know it means a lot to me because when I go back to that experience of getting shot, you know, one of the things when I was on the ground begging for one more chance, I realized I hadn't left anything behind. And if I can leave behind at least my writing and some of the lessons that I've learned through some crazy experiences, I think that's the most important, is the lessons. And you know if people can connect to that in any way it means something to me. And I'm now using Twitter more often. And on Twitter [I'm Clinton, which is my full name, so C-L-I-N-T-O-N underscore Warren, W-A-R-R-E-N](#).

Rachel: Perfect. Well I am going to definitely sign up for your list so I can see your systems. And thank you so much for taking the time and making people's day so much brighter with just everything that you've shared.

Clint: Thank you, Rachel. Truly a pleasure.

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And as a thank you for checking this out, I'd be thrilled to give you a copy of my **favorite** time management tool. It's normally \$97 and can add a mind-blowing amount of productivity to your day.

Sign up to that here: <http://www.rachelrofe.com/ablgift>

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I really appreciate you.

With love,
Rachel Rofé