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From: **Jesse** <[REDACTED]@gmail.com>

Date: Tue, Aug 4, 2020 at 8:42 PM

Subject: High Performing Student Videos

To: Sam Demma <sam@samdemma.com>

Hey Sam!

I know you don't know anything about me just yet, but wanted to reach out and say thank you so much. I was one of the lucky recipients from the Live Mas Scholarship program who received access to the High Performing Student program. I wish I had someone like you when I was back in high school, but having your resources now is incredible. I am approaching my senior year in college right now and am scrambling to get things together as I enter the workforce.

I followed everything on your videos. The aspect that has shaped my life the most has been the morning and nightly routines. I've got goofy online class schedules over the summer so I would wake up at 7:00 AM Mondays and Wednesdays, and 12:00 PM on every other day of the week. After hearing your schedule and seeing the results it has recently had on your life and productivity, I gave it a try. I now wake up at 5:00 AM Monday through Friday, complete my 2 hour routine before my classes, and am fully productive through the rest of the day. Setting a designated bed time allowed me to get my work done and get to bed before my buddies would be harping on me to get on to play games at 11:00 PM.

Anyways thank you again and keep it up.

Much appreciated,
Jesse