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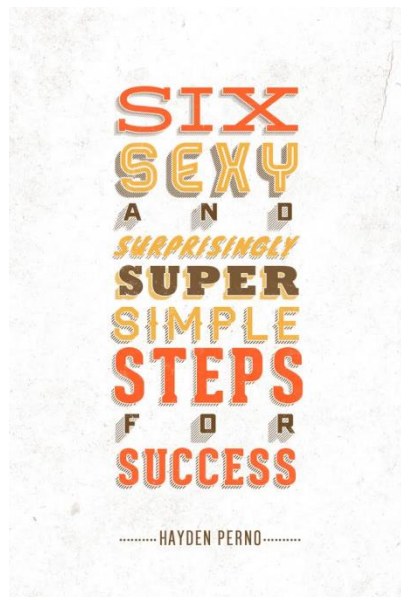
SUCCESS

..... HAYDEN PERNO.....

SIX SEXY and SURPRISINGLY SUPER SIMPLE STEPS for SUCCESS

Featuring steps for each step to step your way to the
next step.

Hayden Perno



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CHAPTERS

Introduction

STEP ONE: Visualize

- Mini step 1: What do you want?
- Mini step 2: How do you feel?
- Mini step 3: How do you want to feel?

STEP TWO: Investment

- Mini step 1: Calculate.
- Mini step 2: Delegate.
- Mini step 3: Commit.

STEP THREE: Timeframe

- Mini step 1: Specifics.
- Mini step 2: Factoring.
- Mini step 3: Beginning to set it in stone.

STEP FOUR: Planning

- Mini step 1: Creating.
- Mini step 2: Chasing.

STEP FIVE: Pen It

- Mini step 1: Putting it down.
- Mini step 2: Digesting it.

STEP SIX: Live It

- Mini step 1: Nike.
- Mini step 2: Sidetracking.

Fin.

Connect

Introduction.

Hi, I'm Hayden Perno. You might remember me from such other books like [Game Changers: 10 Habits That Could Change Your Life](#), or other forms of media like [my website](#) where I post 2-4 times per month on, my [Facebook page](#) that I would love to have you interact with, or even my ever-growing video library on [YouTube](#).

Thanks for stopping by. If you think this would help anyone you know in your circle, please don't hesitate to share it with them using **only** this link:

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Thank you for your support.

Today, we're going to go for a quick ride down the path of *Six Sexy and Surprisingly Super Simple Steps for Your Success* that you will be able to implement into your life with each step completed in this book. So simple in fact, that you will literally think to yourself countless times "this is stupid. I could've thought of this!" and what's funny is, you're most likely right.

But, at the same time, the simple things in life aren't always the things people like to do. Simple things like eating healthily and getting fresh air every day are stupidly simple. But why is it that obesity is at the highest level today? Even walking your dog or playing with your kids is a simple feat to accomplish, yet it rarely happens.

I guess it's easier not caring for yourself, getting up every day and going to work, getting home and ordering take away food after a day of skipping meals, then falling asleep at a late hour, right? But, that's why I have decided to put out a simple plan for your success – your, succor.

The steps in this book are so damn simple that it would be impossible for you to not at least take one or two on board with your life upon completion of it.

The last thing I want you feeling like is that you are reading a textbook, so I've written them out in clear and easy-to-digest paragraphs so that you won't tire of too much text and information overload.

I even suggest you only read one step per day, completing each mini step along the way. This will help you to absorb the information and ready yourself for each next step. If doing this, this book should take you less than a week to complete, and

after that, you will be well on your way to a new life, and well on your way to what it is you desire most in it.

But, it's not even just that. You will also be well on your way to what it is you would prefer to be aiming for each day, and therefore, what it is you would prefer to be spending your limited time on Earth performing.

We don't have too much time to get after it, so we might as well make it all count and commit to our desires before it's too late.

And with that slightly depressing segue, let's get into it.

STEP ONE: Visualise.

So corny and simple that you are again probably thinking to yourself “man, why didn’t I think of number one and send it in?!”

It seems like such a simple step, yet so many skip this all together beginning their journey to their desire, or desires, so wrong. I will admit, it’s hard to visualize what you want in life. It’s hard to pinpoint exact details of how you would like to perceive yourself. Hell, it’s even hard to visualize so far in the future where you will have reached what is in fact, your desire.

But this step is king (or queen).

Knowing exactly what you want is more than just knowing *what* you want. You should be able to visualize everything right down to the very last detail. It’s not simply just a matter of saying things like “I want to be X-amount of kilos” or, “I want 100k in my bank account”. It’s a matter of specifics and things being said and thought like “I want to feel like I can walk upon Bondi beach in nothing but my short, orange fluorescent shorts at a weight of X-amount of kilos” and, “I want to be able to log-in to my internet banking on September the 1st, 2016 and see the 100k that I have worked my ass off to achieve through methods X and Y” are what we are after here.

It seems daunting being more specific to things you want, right? Never fear, however. Because right now, in this very book, I am going to take you through some simple mini steps that will help you achieve the bigger steps that each chapter entails.

So, let’s now get formally into this first step, the great and powerful step known as *visualisation*.

“Oooh... ahhh... So shiny.”

Let’s break it down, shall we?

Mini step 1: What do you want?

I told you this would seem so simple, but think about it. What the hell do you want from life? Where the hell do you want to be one week, two weeks, three weeks, three months, or even one whole year down the track?

I want you to think of *exactly* what it is that you desire.

It can be anything from your physicality's to your healthiness, a simple weight goal to your daily mood, a relationship to the job you yearn for, even for the amount of moolah you wish to see in your account. Whatever it is, think about it and visualize it in your mind right now.

Don't even move to the next mini step before you have it sitting there in your conscious mind.

Mini step 2: How do you feel right at this very moment of what you have just visualized?

I want you to now cast your thoughts to how you feel at this exact moment in time relating to what it is you most desire. Let yourself think and feel whatever you feel about what you want.

Are you angry? Depressed? Anxious? Sad? Excited? This matters. As I want you to make sure you are aware of your *exact* emotions when thinking to your desire that you visualized in mini step número uno.

Let's say, for instance, you envision yourself one day standing in front of 100 or more people giving a speech about your best friend and their newly wedded partner. You're wearing nothing but the most body-revealing dress you've ever seen in Versace's catalogue. How do you feel right now about doing that? If you put yourself that far ahead to where you have reached your desire, but only taking the self you have at this exact moment, how would you feel?

This might seem like a hard task to complete, but emotion is king (yes, or queen) when it comes to you searching deep for a desire you *want* to obtain.

Again, do not move onto the next mini step until you have completed this one.

Mini step 3: How do you want to feel?

Now, put your mind to that same situation you envisioned. How do you want to feel at that exact moment in time? Using my above example, (which is really just example – think of your own!), how do you **want** to feel when you get up on stage in front of all those people gawking at the body you're now rocking, and with your confidence level so high, after putting your plan into action?

Don't move to the final paragraph until you have this feeling inside you.

Whether it be looks, health, feelings, jobs, relationships, money, or even hobbies, visualizing what you want, and being specific right down to the very last detail, is the first and most important step in achieving what it is you want.

So with that out of the way, let's move on to the next step.

STEP TWO: Investment.

So that thing you want so badly? Yeah, *that* thing. How much do you want it? How much time are you willing to give to it? How much time are you willing to put towards achieving it?

It takes a lot to say what you want and then commit to what you want. It's too common a feat when people decide to play the "I ain't got time for dat" card. But you're different, right? You *know* you want this, and you *know* that the days of false reasons are in the past. You're ready to commit to the time it takes to get you to where you want to be.

Mini step 1: Calculate what you can give.

We have 168 hours each week. That's a lot when you think about it. But, let's first subtract average sleeping hours, average working hours, and perhaps even food consumption too. I understand that you could even look after a family, so I'll also subtract a few for family and friend caring, some chill time, and also a few for Facebook newsfeed refreshing, along with other meaningless tasks that you know you feel guilty about, yet, you can't help performing sometimes.

Let's say for sleeping, eight hours per night. Fair enough, right? We're going to multiply that by the amount of days in the week. And, as of 2014, we currently have seven. So, after doing so, we get the number 56.

Next up, it's time to cut work hours from the total. Average work hours may be a difficult one to determine, but let's just run with the average 9am-5pm that millions of people all around the world live each day.

So again, we get the magical number of eight, and we of course multiply it by the lucky number of seven (c'mon, keep up, it's for the amount of days in the week, remember?), revealing the always easy to say number of 56.

For food consumption, and even the time it takes to cook some of those meals that you know should be seeing on Master Chef, what would that be? Maybe like one to two hours per day? How 'bout we break it down the middle, and make it one and a half hours. Again, multiplying by the number seven, we get 10.5. But

hey, let's just make it easy for ourselves, (and for arguments sake), and round it up to 11?

Right, now, before we even decide to add in the family/friend time, plus some other things, the total stands at 123 hours. This, after some quick subtraction, leaves us with 45 remaining hours in our week.

That's around six and a half hours every day to invest in what is important to you!

But, we won't stop there. How about we split that number six down the middle, even giving that extra half hour that is left over, to family/friends, tending to others needs, and miscellaneous tasks?

We're surprisingly still left with **three whole hours!** That's three whole hours to do what you like with, or, put towards what it is that you want.

Believe me, that is more than enough time to put towards your desire, or desires. Hell, even spitting that down the middle using one and a half extra hours for some more sleep-in time, you're *still* left with 90 minutes!

Now, all of that above seems like a whole lot of numbers – which it is – but don't let it cloud the underlying point that we certainly have more than enough hours in our day to invest time towards what it is we want so badly.

Agreed?

Mini step 2: Delegate each hour to specifics.

Let's use the example I used in the above step. Take those, what certainly seems like, measly three hours and now write down half an hour stints on a blank piece of paper.

With each 30 minute block, I want you to delegate each of them to specifics for what you want. Make sure you can commit to each block on every day at the very least one week in advance, so you know how much time you're going to be able to commit to getting after it.

Simple enough, right?

Need an example? Too easy.

Let's again use the speech in front of the 100+ people audience at your best friend's wedding wearing nothing but Versace's latest dress.

30" – strength training with trainer.

30" – walking with friends to the beach and back.

30" – food consumption post-training and simple daily exercise.

30" – food preparation for the today and the next.

30" – plan outline dot points for upcoming speech.

30" – research online for the most expensive dress.

Okay, the last one might be a little excessive. But you get the idea. Delegating each 30 minute block you have spare in your day to reaching what you desire is key to in fact, reaching it. Being productive as much as you can will only speed up your journey for reaching it too.

It might very well seem to be too strict, but what good is continuing doing the same thing without a plan? This is sure to assist in the formation of a definite plan. Guaranteed.

Mini step 3: Commit.

With the above two steps out of the way, that just leaves you with, what seems like it yet very rarely is, the simple step of *actually* committing to all of it.

It may seem impossible right now, it might even be confusing, but don't quit now. You've already read through these first two steps, it will all be clearer once you progress onto and complete the remaining ones.

Sure, committing to anything in life is no easy task. People have been called commitment-phobes for decades, centuries, possibly even millennia. But to stand out from the rest, and to be sure of what you want, this **commitment is necessary**.

Okay, that's two down, let's move on.

STEP THREE: Timeframe.

So now comes the point in your journey that you must determine *when* it is that you want to be at that moment in time, looking back at how far you came to achieve what you have. It is the point in the story that a lot of people have trouble thinking of, let alone playing out. But it's a necessary step, nonetheless. And the clearer your time frame is, the more determined you have to be to not falter or quit.

Mini step 1: Be damn specific!

This is a hard task to complete sometimes. Let's say, again, for example, that you want to step on that stage in front of all those people in that dress and feel confident with your body, happy with what you had to do to get there, and deliver that world-class speech.

That particular date may be a pre-determined one judging by the mere fact that it is not you that decides the specific date for the wedding, but sometimes, this can be a blessing in disguise. The fact that you are locked to a date that your best friend has for their wedding day, means there's no room for not getting there.

If the date is locked in for October the 24th, 12 months down the track, it is staying there. You will know the exact time frame for when you have to be ready for that day, and you will know exactly how many months, weeks, days, and even hours you have remaining to get the hell after it and feel like you've reached it on D-day.

Using the above as an example, and after completing steps one and two, I want you to now put down your own time frame.

Perhaps you have a birthday (more than likely you do) coming up, an anniversary for a job you've hated for so long, a specific competition day, or even a cut-off date to enter your winning collection of antique China dolls. There are countless dates and events to choose from, but the more specific you can be for when exactly it is that you want to achieve or reach your desire, the better it is going to be.

Mini step 2: Factor everything in.

Before you write that date down again with a permanent marker, you need to really think about what it entails. “What it entails? It’s just a date, Hayden. Relax!” Well, hold up before you jump the gun, amigo.

Let’s just say you have 12 months before the date that is required to have ideally completely reached where your desire resides. Or, let’s say it’s the opposite, and you are hard on yourself, telling yourself that you must complete it and reach it within a month.

Either way, you still really need to think about it. Asking the question whether or not achieving it in any sized window is even really possible has to be dealt with initially.

If you can’t break it down and factor in the steps and fit them perfectly into any timeframe, how are you going to reach it? If it’s “due” 12 months down the track, can what you desire even be an accomplishable feat?

If it is unrealistic for you to achieve what you desire, say, for example, have one million dollars in your bank account by the end of the month, (disregarding any possibilities of winning the lottery, of course), then you need to factor in what *is* possible.

Sometimes breaking it down even further, successfully syncing with your timeframe, is a much better form of stepping stone.

And in using that same above example; how much could you *realistically* have in your bank account by the end of the month? How much weight could you *realistically* have lost, where you will actually keep it off, by the end of a 12 month period?

Pulling back and filling out smaller timeframe achievement blocks can be an outstanding method for climbing your desire mountain. You know yourself you could set the timeframe for 20 years from now for anything, but be realistic. Be true to yourself. Factor everything in that will lead you to your desire, and the date will reveal itself.

Confused? No problem. This mini step will make more sense once completing the next main step.

Mini step 3: Tell someone!

This has got to be one of the scariest steps for a lot of people. After knowing what it is you want, you must now go and tell someone about it. This is a necessary step as it will set it one step closer to being officially in stone.

But, it's not so much a matter of just telling some YOLO kid, or even that girl at the check-out that you've been eyeing. You must choose someone that you **know** will hold you to it. You must choose someone that **won't** let you falter. And you must choose someone that will check in on you every now and then making sure you are **still** on the path to success.

It can be anyone from your best friend to your partner, your trainer to your accountant, your mum to your sister, your mail man to your butcher. It doesn't really matter who out of your circle you choose. What matters is that they **must** be someone that will make sure you stay on your plan once you step upon that first stepping stone. And they **must** be someone that is honest, caring, and ultimately, someone that **believes** in you.

It might seem like a lot to take in right now, but I promise it will get clearer. If you've got this far without breaking, please stop reading now.

You are at the halfway point, and it is best if you come back to the rest of this book at a time when you are not sick of looking at a screen.

Before shutting this down and taking with you in your mind the first three steps you have now read though, I want you to once more read over them.

Following this, return to this book tomorrow with a fresh mind and an **exact** idea of what it is you want.

1. Visualise: envision where you want to be. What you want to be like. How you want to feel. This is the most important step. You must **know** what it is you most desire for you to begin down the path.

2. Investment: how much time are you willing to put towards what it is you desire? How much would you sacrifice to get what it is you want so badly from life?

3. Timeframe: set a specific time frame when you want it. Factor everything in and be realistic. If you have an event to aim for, perfect. If not, create an event. Knowing when you want to be there is one of the best ways to get there.

The next step is what the kids these days would call a doozy. So make sure you do take the break to think over the past three chapters, setting your mind ready for the remaining steps.

STEP FOUR: Planning.

This has got to be the best and easiest step. It's the step where you get to *finally* put what you want into action. It's the step where after completing it, the rest will all fall smoothly into place, just like all those Disney movies from your yesteryears.

When Aladdin entered that cave in the middle of the desert, he knew there was no turning back. He knew there was no turning back until he had reached the prized magic lamp that the disguised Jafar wanted him to fetch. Spoiler alert: and when he retrieved that lamp, he had reached what he had started down that road for.

It was a pivotal point in Aladdin's life, and the same can be said for you when finally committing down the road. But what Aladdin didn't have, not knowing that Abu would touch that sparkling red jewel of course, was a plan for an escape out of that cave when and if it started to collapse in on itself. He wasn't even aware that that would even happen!

But this is where Step Four comes into play. This step will help you reach new heights. It very well may be the pivotal point in your life when finally stepping across that void, that you have been avoiding for so long, is all that it takes.

Just like Aladdin took his time getting to the lamp, mini steps will also aid you in reaching your desires. So let's get started with them for this step, and give you the plan to create your... plan.

Mini step 1: Plan the plan!

In your head, on a piece of paper, or even in the notes app on your phone, it really doesn't matter where you plan it. All that matters is that you do this step.

This first step is key, and before the creation of the plan can begin, you *must* be sure to hold exactly what you want in your head. You *must* be sure that you are **ready and willing to commit** to the amount of time required. And you *must* certainly be sure you have set the date for when you want to achieve it.

Once you are ready, you can now progress further and envision what it is going to take exactly to get you there. This all might sound really confusing, so let me give you a quick example.

Let's say you want to stand on stage at a figure competition 6 months down the track. Not a goal envisioned by many, but still a very common and achievable one, given that you are free from injuries and have a good foundation of training under your belt of course.

Creating the plan to help get you there can consist of a many number of things from deciding whether or not you need help from a trainer, a choreographer, a posing instructor, a nutritionist, or even a knowledgeable costume designer that can help you get the right amount of sparkle from your outfit. It may also consist of breaking down the time frame that you have before the day arises. And it can also include further factors like where you will be at certain points within the 6 months due to, for example, work trips, school carnivals, and even holidays.

The list can go on and on for this particular goal. But, in short, all of this is just a very informative way for saying that your plan must include **all** the steps that are necessary for achieving your success. It must be clear what you will do to get there. And it **must** include as much information as you see fit.

So, jot it down, and don't worry how pretty it looks. You will have a chance to fix that later.

Mini step 2: Getting after it.

I don't care if you're not ready to start, just stop contemplating and get after it. The more time you spend doubting yourself, and the more time you put it off, the less time you have for achieving what you want.

I don't even care that it's a Wednesday or Thursday and you're tired, you're not starting on Monday. You're starting right now. (By the off-chance that it is actually a Sunday when reading this, then, carry on...)

You'd have to agree with me, but when you want something so bad, the reasons you keep putting up certainly become meaningless. This, of course, creating the overriding fact that obtaining what you seek is **all that is important**.

So, step across and don't look back. You've waited too long for this day. Get planning and get the hell after it. Only then will you finally be on your way to what it is you desire.

STEP FIVE: Pen It.

Now that you've got through that above doozy of a step, you can now break it down into a bite-sized piece of intel that is easily digestible. This is a most important step for you to complete so that your subconscious can take over all the hard work, and make what you want achievable without you even consciously thinking about it.

Mini step 1: Put it down!

Draft it, edit it, type it, make it pretty (see? I told you your chance would come), print it, put it onto palm cards, on a banner, on a poster, make it the wallpaper on your computer, stick it around the house, get it tattooed on your forehead – it doesn't matter! What matters is that you compress your desire and plan into an easy to read piece of information.

Think of it like a statement to your life – the statement to what you are after the most. The official statement that is going to end all those other statements like “I don't deserve it”, “it's too hard”, and “I don't even know where to start!”

Having a plan can do nothing but erase all of this. And once you have condensed it to a pretty little package, you will see it. You will see how clear your plan is now. You will see it even clearer than the state that you keep your selfie-lens in.

Need an example? No problem.

Let's again use the goal of stepping on stage at your friend's wedding 12 months from now, and performing a world-class speech wearing nothing but the most physically-flattering piece of clothing you own. You may note that confidence and physical appearance are the underlying desires, so they will be sure to be addressed in the final bite-sized plan.

By the 17th of October, 2015 I will be down [insert dress sizes]. I will have the confidence to wear [insert piece of clothing] without fear of embarrassment for myself. I will have worked my ass off in these last twelve months committing no less than 3 hours per week working towards this goal.

I will see my trainer twice per week where we will perform strength training and he will guide me with my nutrition. I will also perform at LEAST one extra hour of exercise including walking my dog, playing with my children, or even walking with my friend who lives down the road that doesn't have enough motivation to do anything. I will feel better for all of it. And I will welcome the day when it comes when I get to stand on stage and bask in everyone's wolf whistles and gawking eyes as I deliver the greatest speech this planet has ever heard on a wedding day.

Sounds so weird and cult-like, right? Maybe so. But believe me, once you write your own down, you will feel better about it all. It will now be completely a physical thing, rather than just part of your imagination and thoughts. After this mini step, you will be ready to move on to the final mini step for penning it. So make sure to complete this before moving on.

Mini step two: Read it!

Not *more* reading, you're thinking. Don't stress! That's why you simplified your statement down into a nice bite-sized piece, remember?

Every day you only have to merely spend less than 2 minutes going over your plan. Of course reading it out loud is better, but I can understand that you don't want to seem like a weirdo. However, if it is in fact possible, read it out loud, slowly, and invest your brain to concentrate on each sentence, still envisioning all of it.

Over time you will memorize it completely and won't even need to read it. And once it is inside your brain and your subconscious starts to dissolve it, it will automatically mix with your desires and faith that you can in fact achieve it.

Then, and only then, will you truly be on the path to success.

STEP SIX: Live It.

The final step, yet possibly the hardest to complete as it requires a constant stream of push and motivation towards what you want. Of course there will be times that you “fall off the bandwagon”, to use an awkwardly overused phrase, but what does Thomas Wayne say to his son Bruce after he falls down that well?

“Why do we fall, Bruce? So we can learn to pick ourselves up again.”

I’m glad to reference a Batman quote in this book, and given that the mere fact that when failure sets upon people, they quit, it’s good to see that it also has a lot of merit behind using it too.

You’ve done all the hard work of thinking of exactly what you want and where you want to be. You’ve done all the hard work of planning how you’re going to get there. So now, it’s time to commit to it all.

"Failure is a trickster with a keen sense of irony and cunning. It takes great delight in tripping one when success is almost within reach." – Napoleon Hill.

Mini step 1: Nike has it right!

Just do it. So simple, yet so much truth is behind it. Just getting out there and getting after it is all that is required in life. Too often can we fall and quit as soon as something seems impossible. Far too often will we not even attempt something new and out of the ordinary in life.

Take it from me; who would’ve thought that I’d write another book and put it out there for people to read? It seems so weird when I think about that you, right now, are actually reading what it is I have to say. But, just like when I wrote [Game Changers](#), I had a plan to get this one done too. I knew what I wanted to say, and I broke it all down with the desire to help out as many people as possible who struggle with creating a plan, and put them on the path to success as best as I could.

If these steps help just one person who reads this, that is what matters to me the most. And that is why I put energy into putting it together.

Just doing it, and getting after it could never have more meaning or truth behind it. Those who wait around will miss the boat, possibly looking back on everything and thinking regretful thoughts.

We all have one shot at life, so why not make the most of it and put your energy towards how you want this one shot to play out?

Mini step 2: If you fault.

Of course you're going to have days, or even weeks where things screw up. Life happens. And there's bound to be times in your journey to success that you will have to falter. You might even be forced to falter. But, take it as it comes. Ride the wave as much as you can. Take back out your statement if you start to forget certain parts of it, and re-memorize it.

Trace the steps back and remember **what** it is that you are searching for.

After that, all that matters is that you again put your thoughts ahead to what it is you want, and **where it is you want to be**.

Always remember: why do you get up out of bed each day? What do you no longer want to get out of bed for? And, how much longer will you continue down the path that you are unhappy traversing?

This alone is the **perfect** fuel to bring you even further back from the fault. And with each victory and successful step completed, the motivation to continue down the path you're on will be limitless.

The satisfaction you will get each time you're able to step one step closer to your goals and desires, can and only will bring you closer and closer to exactly **what it is you truly want from life**.

FIN.

I appreciate you getting this far. It means a lot that you decided to download this book and invest time into reading it. I really hope you got something out of it.

Don't forget, if you believe someone you know could benefit from reading something like this, please share it to them via this link:

<https://haydenperno.com/ebooks/six-steps-for-success/>

I can personally be contacted via my Facebook business page [Perno Performance](#), or even my [website](#) if you have any questions, comments or feedback about this book.

And so now that you've finished reading, it's definitely time to begin everything you've learned.

Go back through these steps, re-read what you need, and start to put down the stepping stones to put you on the path to the life you wish and dream of living.

Success is there, and the successes you want to be experiencing are only one idea and plan away.

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