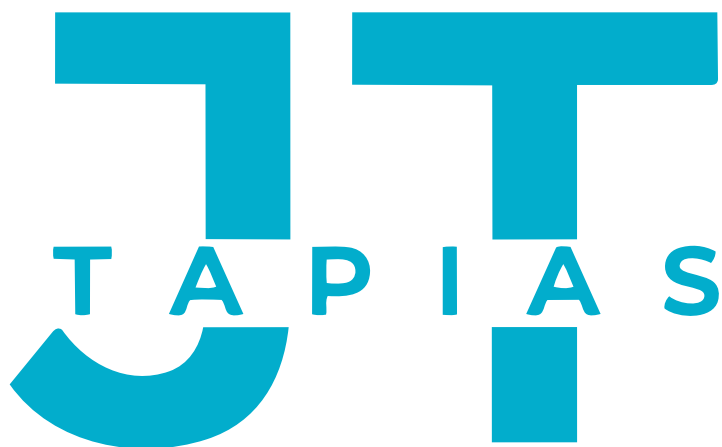




TRANSFORMATION COACH, SPEAKER, AND FOUNDER

of the **Empty Your Bucket Nutrition Plan**. Helping people align mind, body, and spirit through discipline, self-control, spiritual formation, and sustainable habits for the everyday person.

ABOUT JT

JT is the founder of the **Empty Your Buckets Nutrition Plan**, a faith centered framework that explores how everyday habits, especially around food, comfort, and self-regulation, reveal what we are worshiping, trusting, and turning to for relief.

He has appeared on many platforms. At its core, JT's work is theological and pastoral. He helps people understand not just what they do with food, but why they do it, and how lasting transformation begins with the heart, mind, and identity.

JT's personal story is deeply redemptive. After becoming a professional soccer player and traveling internationally at the age of seventeen, he returned to the United States at twenty-three and went on to build a successful career owning more than twenty fitness facilities. Yet beneath the outward success, his inner life was unraveling.



He struggled with destructive habits, emotional dysregulation, and compulsive coping. Food was not the problem. It was the symptom.

At the point when JT was contemplating suicide, a simple invitation to church became the turning point.

Encountering Jesus radically reshaped his understanding of identity, desire, and formation. For more than twenty years, he has devoted his life to helping others experience freedom, not through self-control alone, but through spiritual renewal and the re-ordering of loves.

Today, JT works with men and women navigating behavioral change, emotional healing, and discipleship. Drawing from his background in psychology, addiction recovery, and pastoral counseling, his work sits at the intersection of theology, neuroscience, and lived spiritual practice.

WHY THIS CONVERSATION WOULD RESONATE >

WHY THIS CONVERSATION WOULD RESONATE WITH YOUR AUDIENCE

MANY LISTENERS ARE

- Re-examining identity and formation beyond surface level behavior
- Wrestling with habits that do not align with what they believe
- Curious about how desire, embodiment, and discipleship intersect
- Seeking practical ways theology speaks into everyday life habits for the everyday person.

Food is simply the lens. What JT ultimately addresses is how people live, cope, and change in the presence of God. More information, sample questions, and suggested topics are included below. I would love to help arrange a conversation if this feels aligned.

Thank you as always for considering.

Warmly,



SAMPLE QUESTIONS

- 01** Many Christians know what they believe and how they intend to live yet still find themselves returning to habits that do not align with those values. From a spiritual perspective, why do we reach for comfort, like food, even when our hearts know better?
- 02** You often say that cravings begin in the heart, not the body. How can believers begin to identify the deeper desires or unmet needs that drive their habits, not just around food, but across everyday life?
- 03** What does misplace desire or functional idolatry look like in everyday Christian life, and how can we confront it honestly without falling into shame or self-condemnation?
- 04** Romans 12:2 speaks about the renewing of the mind. Why is inner transformation, how we think, desire, and interpret our lives, more foundational to lasting change than simply modifying behavior?
- 05** You teach something called Level One versus Level Two thinking. Can you explain what that means, and how this framework helps believers move beyond surface behavior change into deeper spiritual maturity and freedom?
- 06** Many people use habits such as food, distraction, or overwork to cope with stress, loneliness, or overwhelm. How do these coping behaviors mirror addictive patterns, and what does a biblical pathway toward freedom look like?
- 07** Your Empty Your Bucket framework focuses on Reset, Reboot, and Excel. What makes this approach spiritually distinct, not merely as a program, but as a discipleship-oriented way of understanding habits, healing, and renewal?
- 08** Many Christians struggle to understand how the body fits into spiritual life. How would you explain stewardship of the body in a way that reframes health as faithfulness and obedience rather than vanity or self-obsession?
- 09** We all grow up with cultural patterns around comfort, including food, routines, and traditions. How can believers discern when these normal comforts begin functioning as emotional crutches or spiritual substitutes?
- 10** For the listener who feels overwhelmed or defeated, what are a few small, practical practices such as daily rhythms, embodied habits, or relational support that can help cultivate sustainable, God honoring patterns of life?

SIGNATURE SPEAKING TOPICS



SIGNATURE SPEAKING TOPICS



TEMPLE STEWARDSHIP:

Aligning the Mind Body and Spirit.

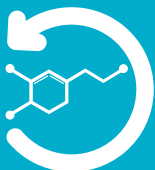
A biblical and practical framework for honoring God through physical health mental discipline and spiritual obedience. This message reframes fitness nutrition and lifestyle as acts of worship rather than self-improvement.



DISCIPLINE-SHIP:

The Art of Instilling Discipline & Self-Control Through the Holy Spirit.

True discipline is not built through stoic effort or willpower. This teaching shows how discipline is formed through surrender identity and the empowering work of the Holy Spirit rather than human striving.



RESETTING YOUR DOPAMINE SET POINT:

Overcoming Addiction in a Hyper Stimulated World

A clear and compassionate breakdown of how dopamine works in the brain and how overstimulation fuels addiction burnout and compulsive behavior. JT offers biblical and practical tools for restoring self-regulation and freedom.



ATOMIC CRAVINGS REQUIRE ATOMIC HABITS:

Habit Architecture for the Busy Person

A systems-based approach to habit formation designed for real life. This talk equips people to build small intentional structures that produce massive long-term change without overwhelm.

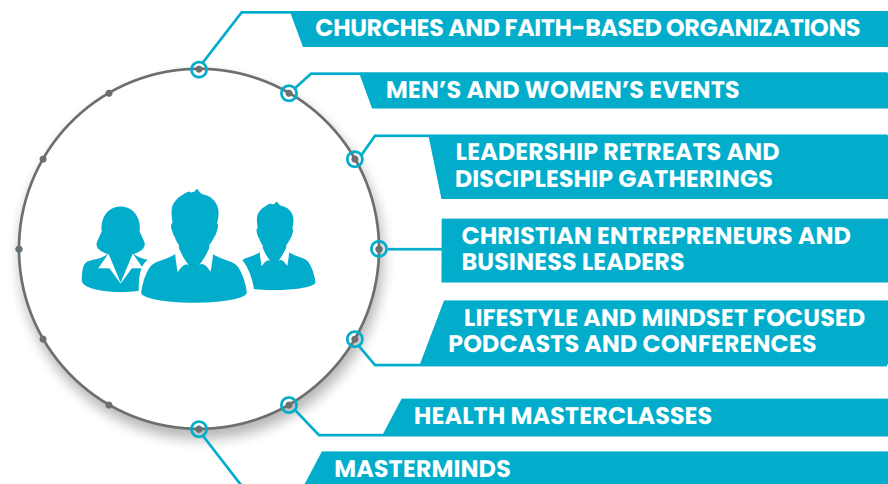


JT'S TESTIMONY:

From a Mafia Family to Redemption in Christ

A powerful redemptive story of growing up in a third-generation mafia family and encountering the transforming grace of Jesus Christ. This testimony emphasizes identity transformation freedom from the past and God's ability to redeem any story.

AUDIENCE FIT



SPEAKING FORMATS



KEYNOTE
PRESENTATIONS



PODCAST
INTERVIEWS



WORKSHOPS &
INTENSIVES



RETREAT
SESSIONS



PANEL
DISCUSSIONS



AVAILABLE FOR
30-45-60-OR-90-
MINUTE FORMATS



EXPERIENCE AND CREDIBILITY



EXPERIENCE AND CREDIBILITY

25+

years of coaching
counseling and teaching
experience



Founder of the

Empty Your Bucket Plan
SUSTAINABLE LIFE TRANSFORMATIONS

5000

Transformations guided
through sustainable lifestyle
changes

BACKGROUND IN:

CLINICAL PASTORAL
COUNSELING

NUTRITIONIST

EXPERIENCE SPEAKING IN
CONFERENCES, WORKSHOPS,
CHURCHES, WEBINARS
PRIVATE, RETREATS, AND
ONLINE PLATFORMS

CERTIFIED PROFESSIONAL
LIFE COACH

SEMINARY DROPOUT 😊

BOOKING AND CONTACT

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TAPIAS



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APPEARANCES



APPEARANCES

CLICK A THUMBNAIL BELOW TO SAMPLE SOME OF J.T.'S MESSAGES AND SOUND

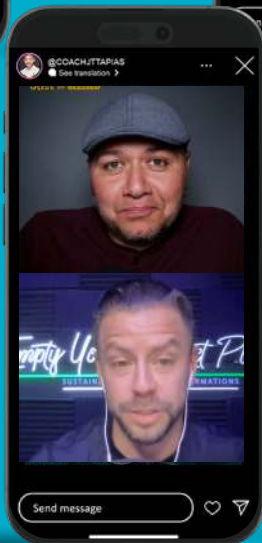
JT'S INTERVIEW ON RUSLAN
KD'S BLESS GOD CHANNEL



JT'S INTERVIEW WITH
PASTOR ERIC MASON



JT'S INTERVIEW WITH
PASTOR/YOUTUBER ALLEN PARR

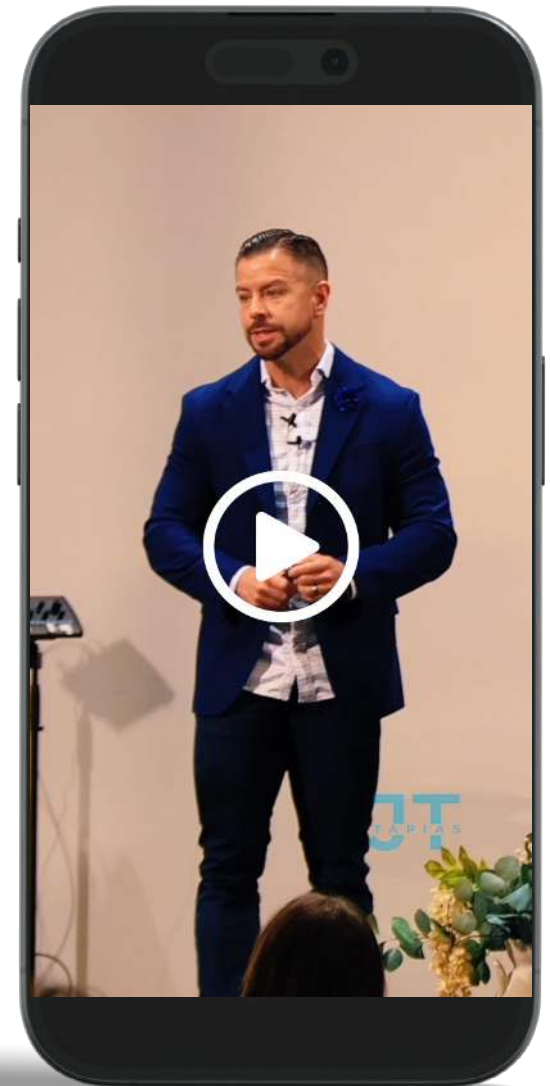


JUST BE BLESSED PODCAST



THE MIKE THAKUR PODCAST

MY LATEST TRAILER



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