

confidently trusting yourself



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The Mindset of an Athlete

(AKA Shutting the Mean Girl Down!)

What is the conversation you are having inside your head about yourself; the good, bad and ugly?

Step 1

Attention

What are 3 fun & easy things you can do that will help you feel better about yourself, immediately?

Step 2

Action

1

2

3

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Write down 3-5 things you really appreciate about yourself. It could be about your body, who you are, what you do, what you enjoy doing.

Step 3

Appreciation

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Replacing the negative with the positive. If you've tried affirmations before and they just felt like you were lying to yourself, let's begin with a question first..

Examples:

Why do I feel so great?

I feel great because this is what a strong, healthy, sexy woman feels like.

Why am I so good at sticking to my workout schedule?

I stick to my workout schedule because every day, I'm more and more on my way to a Fit and Free body!

Step 4

Affirmations

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Your turn!

Write 3 new statements you want to be true about you.

Write 3 new statements you want to be true about you.

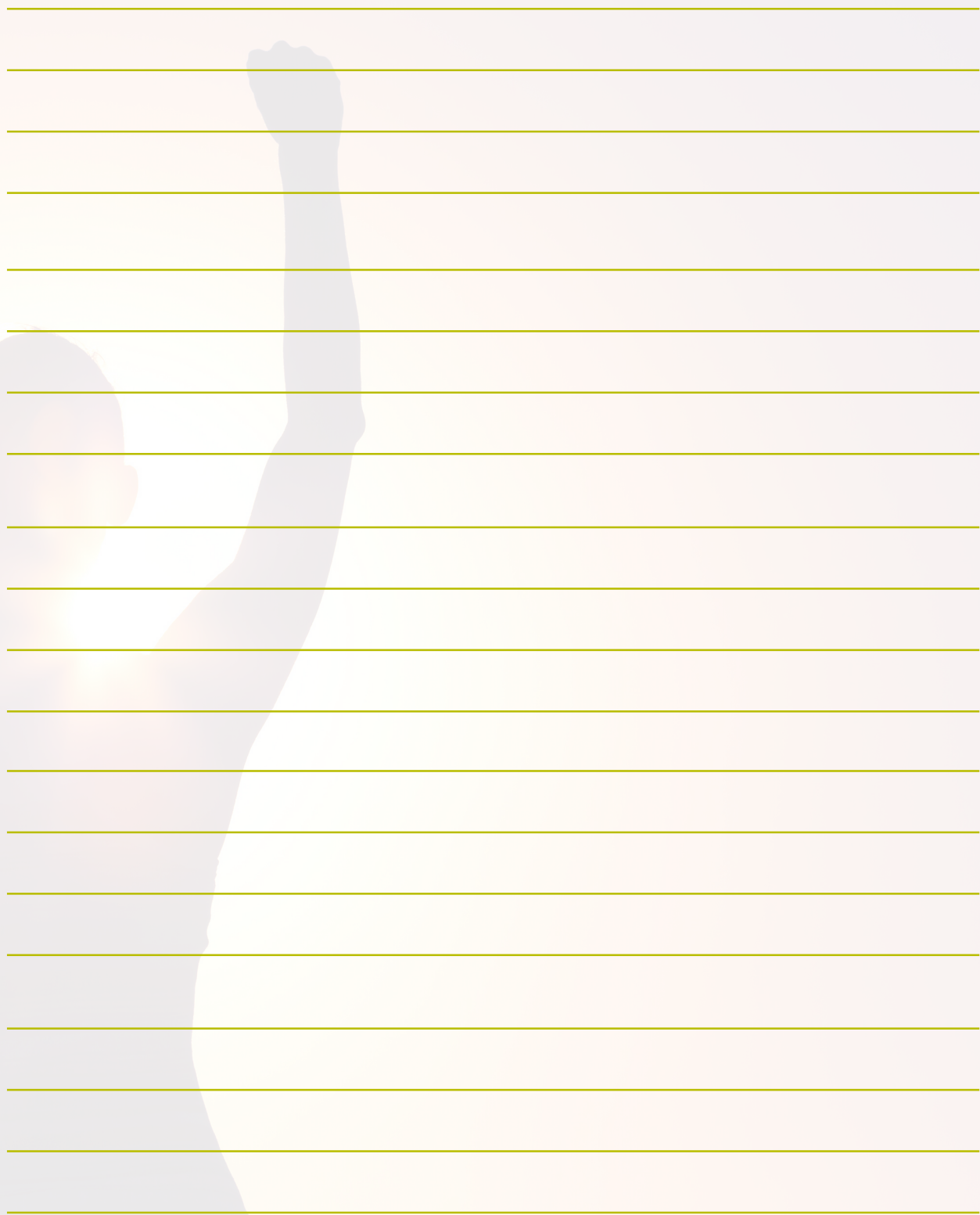
A faint, stylized illustration of a person's arm and hand reaching upwards, set against a background of horizontal wavy lines in shades of blue and green. The illustration is positioned on the left side of the page, with the hand near the top and the arm extending downwards. The background consists of several horizontal, wavy lines in varying shades of blue and green, creating a textured, water-like effect. The overall style is minimalist and artistic.

*Confidently trusting
yourself to stick to
Your Fitness Plan, for
the long game*



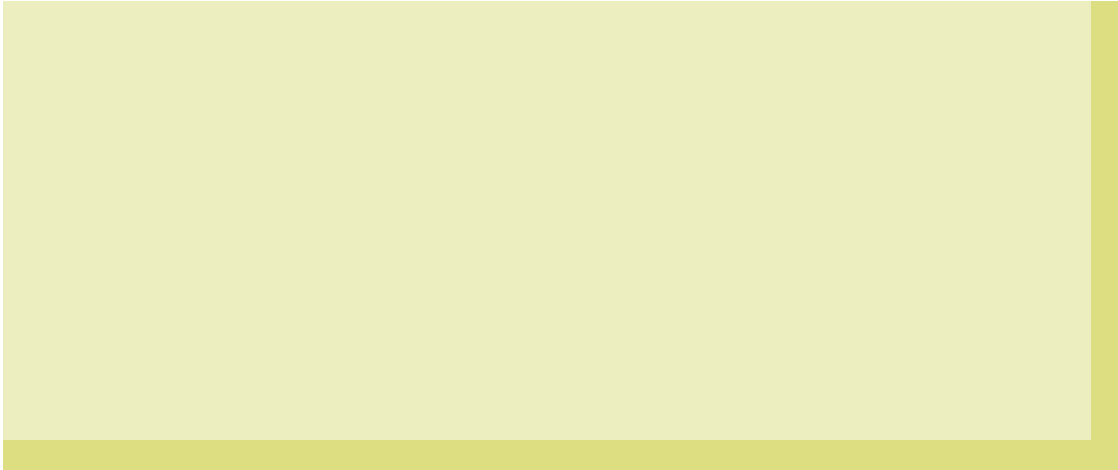
Reflection

What have you excelled at in the past when it came to your fitness, wellbeing or health in general?

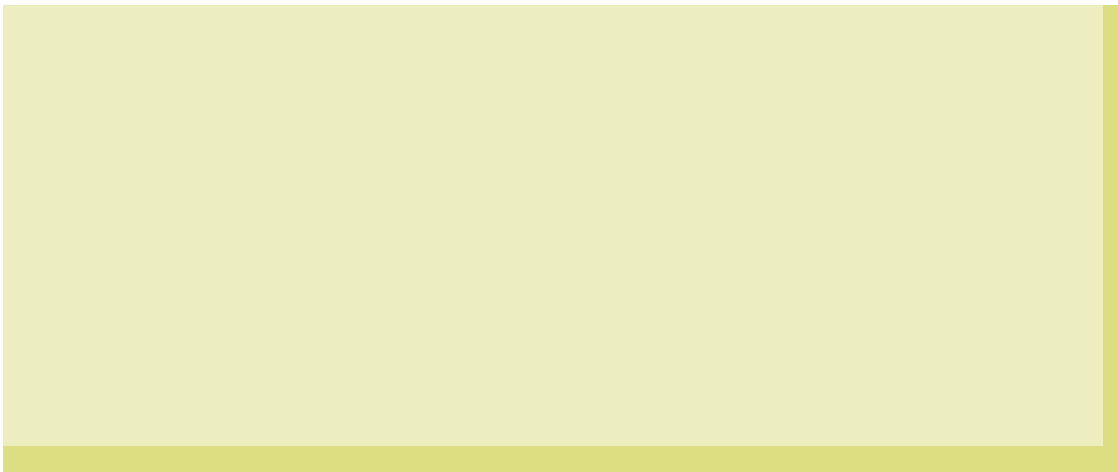


Reflection

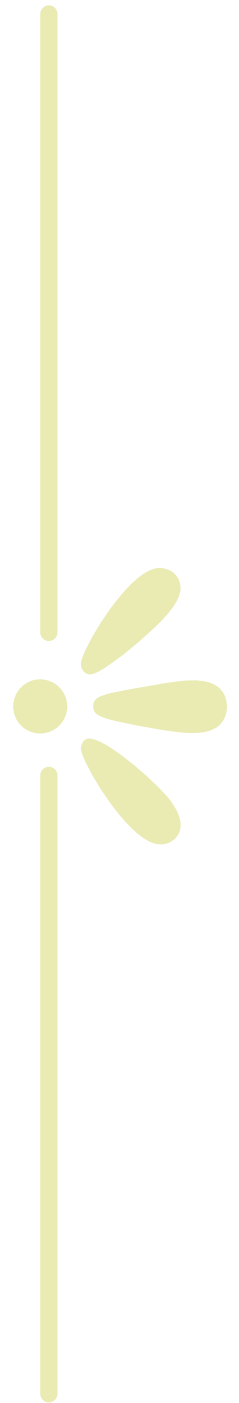
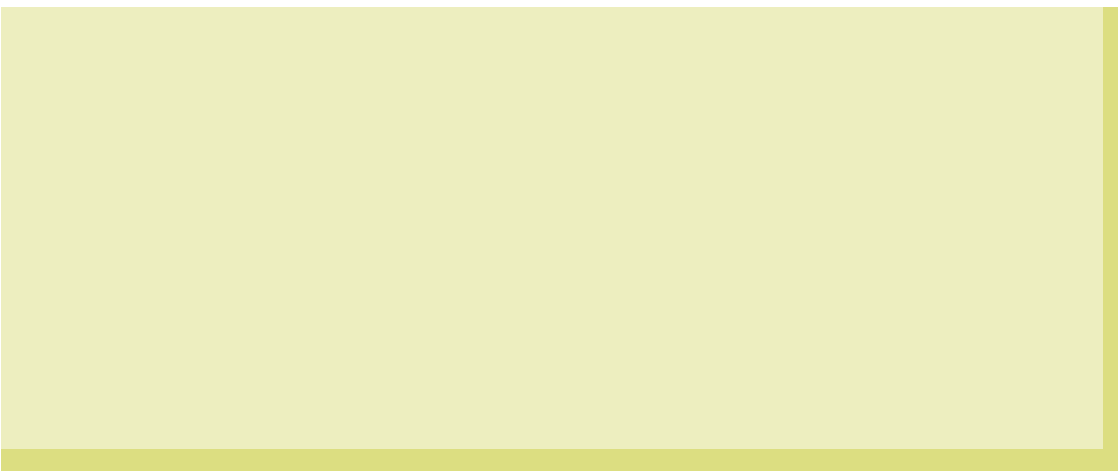
Where have you fallen short on your fitness or health in the past?



If you were the kind of person who stayed with your fitness goals, what would you be like?



Would you be someone who felt like an athlete?



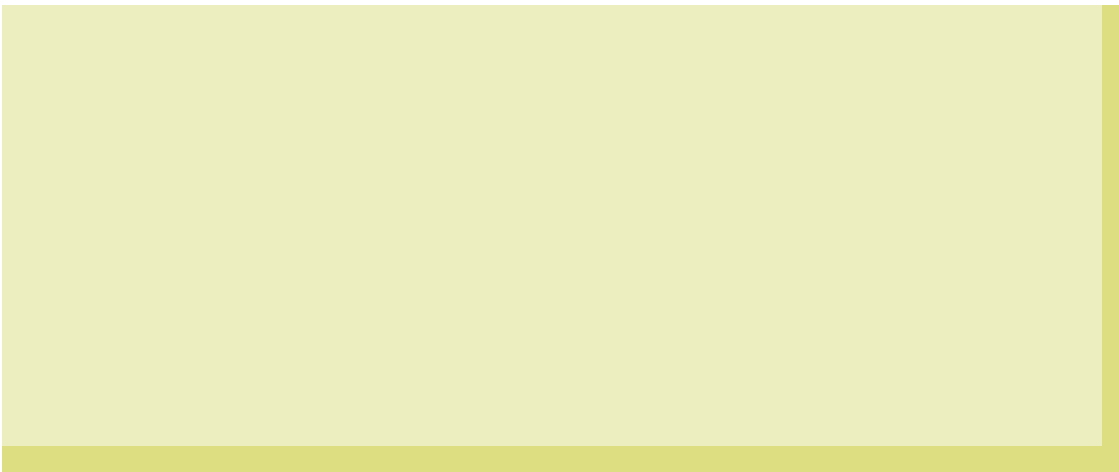
Reflection

How would you be if you were...

Someone who was 100% committed to your goals?



Someone who could forgive herself if she wasn't 100% committed?



What kind of person would you be?

