

# MINDSET CLASSES

a Strong Confident Living production

## 21 DAY RESET mindset calendar

START HERE

	<input type="checkbox"/> Mindset Checkup						
WEEK 1	<input type="checkbox"/> Make a Plan.	<input type="checkbox"/> Create a Path to Change.	<input type="checkbox"/> Find What Motivates You.	<input type="checkbox"/> Stop the Judgement.	<input type="checkbox"/> Choose Healthier Snacks.	<input type="checkbox"/> Drop the Fear Around Food Prep.	<input type="checkbox"/> Avoid Willpower Battles.
WEEK 2	<input type="checkbox"/> Travel With a Plan.	<input type="checkbox"/> Do Less Better.	<input type="checkbox"/> Have More Fun!!!!!!	<input type="checkbox"/> Measure Progress, Not Pounds.	<input type="checkbox"/> Stop the Battle Around Food.	<input type="checkbox"/> Drop Your Labels.	<input type="checkbox"/> Amplify Internal Motivation
WEEK 3	<input type="checkbox"/> Turn Down Sabotage. Turn Up Confidence.	<input type="checkbox"/> Handles Setbacks Like a Pro.	<input type="checkbox"/> Amp Up Your Fitness.	<input type="checkbox"/> Create Mode Versus. Reactive Mode.	<input type="checkbox"/> Project Success On to Others.	<input type="checkbox"/> Lighten Up! Embrace 3 Small Things.	<input type="checkbox"/> Face Your Past Struggles. New You!