

Get Your Mind Right

Answer these questions completely and honestly. (No one's reading them but you!) Make a copy for yourself or print out this page (page 2) to write it out.

1. What's stopped me up from being successful in the past when it comes to meal planning/prepping?
2. Why is this the right time for me? What's different from before?
3. What are you committed to doing? What are you committed to STOP doing? (What kind of person do I have to be or become to make this work?)
4. What's your motivation? What's your why? (Ex. save money, watch my wasteline, decrease stress, etc.)
5. Action Items:
 - a. Decide where you'll store your recipes (Ex. [Pinterest](#), binder, [Plan to Eat](#) (get 30 free trial before committing), etc.).
 - b. Think about how you can make this fun (ex. Using that paper planner that you love to mark prepping days, [color coding your meals with washi tape](#), etc.)