



DAY 2

MINDSET SHIFT

Welcome to Day 2!

Now that you have set your intentions, let's deal with your thoughts and mind set about this decision you have made.

Dig right into today's task.



GET RID OF STINKING THINKING. BELIEVE YOU CAN

1. How do you feel writing out these goals and creating a plan to accomplish them?

2. What is behind your desire to accomplish these goals you have set out? Why do you need to do this?

3. Is there anything you believe can prevent you from achieving these goals? What are those?



GET RID OF STINKING THINKING. BELIEVE YOU CAN

4. What can you do to remove this obstacle?

5. Who do you need to become, to be able to consistently tackle your goals?

6. Do you truly believe you can accomplish these goals? Are you ready to tackle them now?

NEXT STEPS



**DAY 3
BREAK IT DOWN**