

MINDSET FOR SUCCESS

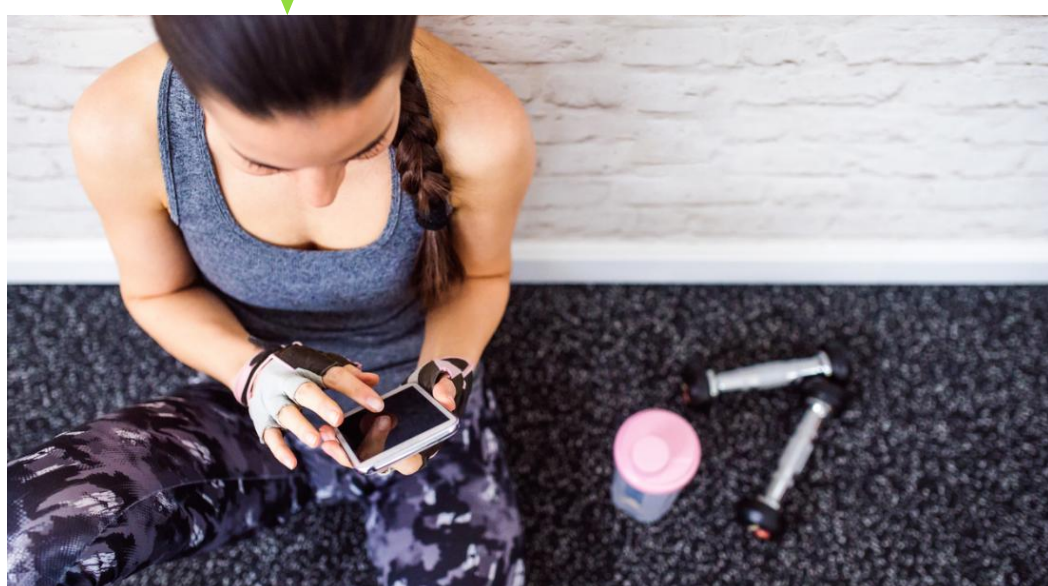
Did you know you will have more than 6000 thoughts per day?
And, of those thoughts it's important that you are mindful of your health?

Being conscious of how active you are isn't just simply telling yourself you will workout today.
It's a start , but you need to enforce this to be habitual in order for it to take shape in your mindset.

Schedule your workouts

Schedule your workout like it's an important meeting for work or a doctor's appointment! Train your mind to prioritise your workouts.

- Set daily reminders in your calendar. Remember to set alerts!
- Schedule your workouts at times that are convenient.
- Adapt your schedule, when needed.
- Consistency happens over time!



Organize workout logs

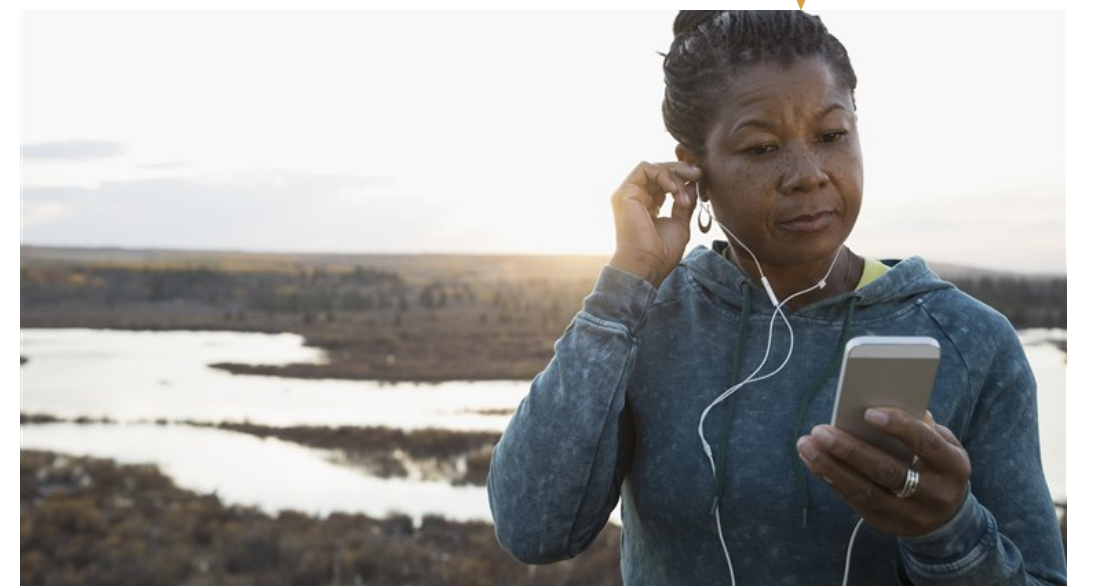
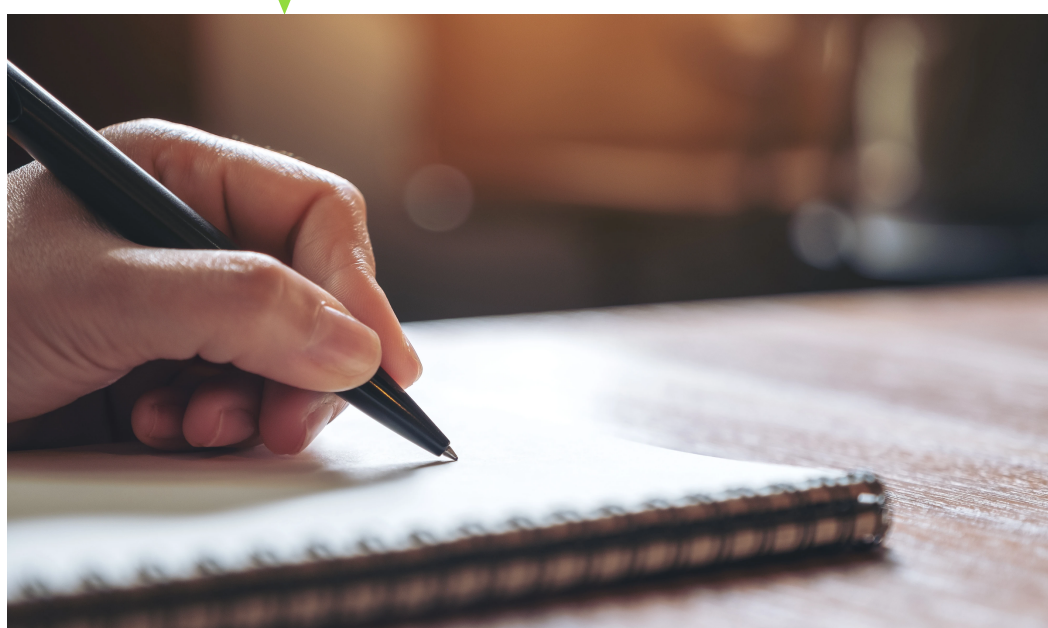
How productive are you at work without having systems in place? Monitor fitness productivity! You need to have records to keep you on track.

- Organize workouts in an App, or a simple spreadsheet.
- Set workouts in the correct order to maximize results.
- Keep track of your progress with proper recording.
- Evaluate your workouts to stay on top of your goals.

Write out your goals

Life can be a roller coaster with the ups and downs throughout a year! It's easy to fall off when you lose focus. How powerful are your actions when you feel motivated? Imagine how driven you will be when you see your goals everyday?

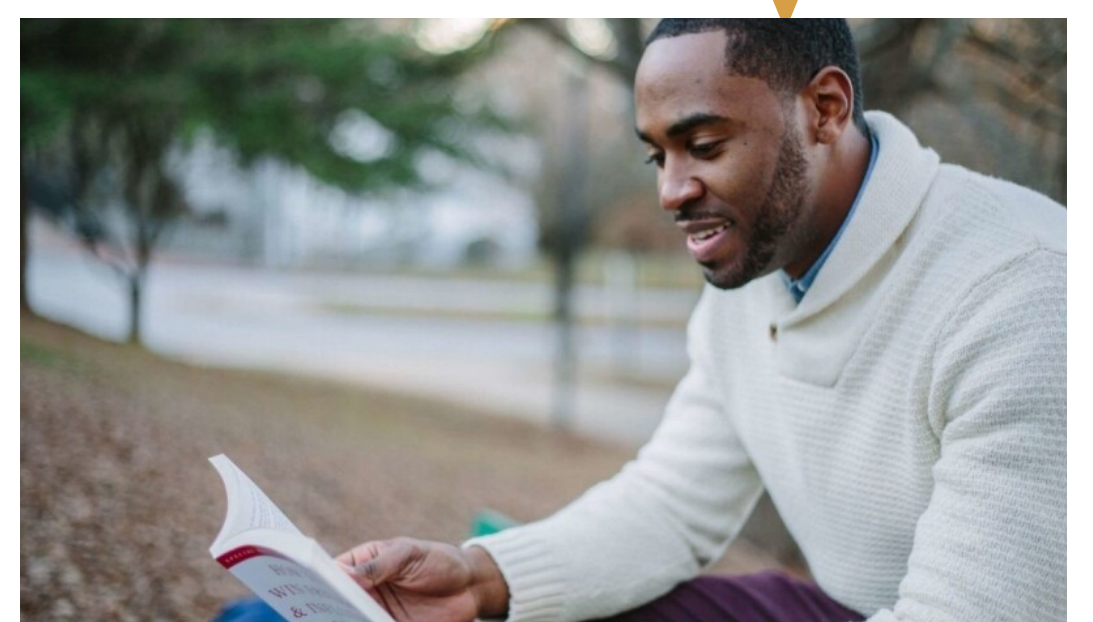
- Establish a routine of writing your goals out everyday.
- Store your goals in clear view for a daily reminder.
- Set goals that align with your vision .
- Read your goals before you go to sleep!



Read to invest in your personal development

Investing in your mind will have a better ROI than any retirement fund! It will elevate all areas of your life. Imagine what reading 10 pages a day of a self-help book will do for your mindfulness of your health?

- 10 pages a day is nearly 4,000 pages in a year!
- Train your mind to be aware of your health.
- Establish the habit of reading to build the habit of being active.
- Fill your mind with positive thoughts.



Jumpstart YOUR Journey!

There is a 5 day workout plan for you to do over the next month. Time to get moving!

In order to be mindful of your active life, it starts with you! Nothing will happen without taking action. Procrastination is the kryptonite to the power you have within you.

