

How to Get Fit, Lose Weight & Tone Up!

- 1. Set **clear goals**
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 - 2. **Believe** and **expect** you will achieve your goals
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 - 3. Stop **getting in your own way**
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 - 4. Take the **first step**
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- The Happier, Healthier & More Confident You!**
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Step 1 – Set Clear Goals

What do you WANT to achieve?

1.

2.

3.

WHY do you want to achieve it?

1.

2.

3.

Step 2 – Believe and Expect You Will Achieve Your Goals

Old Belief	New Belief

Step 3 – Stop Getting in Your Own Way!

Recent Action	Helpful or Unhelpful?

Step 4 – Take The First Step

I commit to _____

_____ within the next 24 hours.