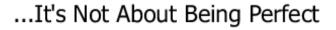
## The Mindset Behind Getting Into Awesome Shape





## **Gaining Clarity On What You Really Want and Why**

First write down your goal. Then next to that put why you want to reach that goal, how will it make you feel, what would it mean to you when you reach that goal? There is no right or wrong answer it's totally up to you how you want to answer this.

## The Mindset Behind Getting Into Awesome Shape

