

**BOOTCAMP**

# The Mindset Behind Getting Into Awesome Shape

...It's Not About Being Perfect



## **Assess Where You Are At And Taking Responsibility**

You may not want to answer the previous questions, because they might make you feel a bit uncomfortable but I encourage you too not skip over them.

Because unless you face them, you won't be able to move forward. You've come this far, the fact you're participating in this bootcamp in the first place, means you want to make changes. So please, don't use "not answering these questions" as an excuse.

You want to complete this right from the beginning so we can start focusing on the really cool stuff, the things that you can do to start making awesome changes.

So now you really know and acknowledge some of the things that are holding you back, you know the bad habits, the self-sabotaging thoughts that you've been saying to yourself, and now you need to take responsibility for them and start making an action plan.

Think of it like this, if you have that much power over yourself that you can allow yourself to not achieve your goals and the effort that you've gone to keep yourself there imagine the power that you have to actually reach your goals.

When you put it like that, it changes things doesn't it?

Think about all the years, all the excuses, all that effort that's gone into being too scared to go out with friends because you felt overweight, out of shape, and didn't want others to see you. All the things you've told yourself to make yourself feel okay about being miserable and hating your body. All the time wasted convincing yourself that you would never ever have an awesome body. All the family outings that you may have missed, activities that you could have done with the kids, social club outings with your work, guest speaking gigs, or videos for your website or

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business, all these things that you've chosen not to do, and convinced yourself it's okay not to do it, because your self-esteem about your body and your appearance is so low.

Now imagine if you accumulated all that energy and all that time and effort and put that into telling yourself:

Hell Yes!, I believe and I know...

"I can get into shape, I can enjoy my life, I can wear a swimsuit, I can wear a strappy dress, I can look awesome in jeans, I'm fit enough to run around and play with the kids, I can go out and feel confident about myself, I love the way that I look and feel, I can go next weekend to the work sports and social function, I am worthy, I am worth it, and I'm doing it"

Now if you started doing that as from today, saying this to yourself every day, at least twice to 3 times per day, in 12 months from now, where do you think would be?

**Open up your [assess-where-you-are-at-mindset-sheet.pdf](#) mindset sheet**

**Now list 10 "Hell Yes's :-) I believe and know" of what you could say to yourself every day, 2 to 3 times a day, that would make you feel inspired and will change your energy levels and attitude towards your efforts to get into awesome shape?**

**I love this one and I can't wait to hear your "Hell Yes's" in the private facebook group.**