

BOOTCAMP

The Mindset Behind Getting Into Awesome Shape

...It's Not About Being Perfect



Gaining Clarity On What You Really Want and Why

What is it that you truly truly really want to achieve from your fitness efforts?

Sure you want to get into great shape, but what does that mean?

Everyone has a different interpretation about what getting into great shape means to them.

Do you want to be slim and slender? Do you want to have more lean muscle and reasonably low body fat? Do you just want to lose weight? Does it mean that you'll get to do more fun things, and if so what are those things?

Will it make you feel more comfortable and self-confident?

If you're a business owner, would you feel more self-assured attending networking events or courses to help you succeed with building your business?

Are there weekends away or trips with family and friends that you would love to go to, but in the past, you said "No", because you knew people were going swimming there and you didn't want anyone seeing you in a swimsuit.

Will it make you feel more successful all around in life because you're in great shape?

Do you want to have improved self-esteem, do you have any health issues that you know could be improved by exercising and changing your eating habits, do you want a flatter tummy, do you want sexy shoulders, would you like to feel super confident in shorts in summer knowing that your butt and legs look awesome! How will it make you feel? Will you feel happy? Will you get excited about going out and socializing..

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So here's what to do...

Open your [gaining-clarity-mindset-sheet.pdf](#) mindset sheet.

First write down your goals. Then next to each goal 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 here it's totally up to you how you want to answer this. The important thing is that you do it.

And once again, if you'd like to share this in the private facebook group, we'd love to hear from you.