



The Mindset Behind Getting Into Awesome Shape

...It's Not About Being Perfect



Breaking Down Your Goals and Rewards

Having goals and rewards for the steps you're taking to stay on track, and putting it down on paper, and seeing it in writing will help remind you of things you need to do to get you closer to your goals of getting into fantastic shape!

So here's how it works...

Daily goals. You write down in your daily goals things you can do on a daily basis short term. These are things you can do so that your overall goal is more attainable.

This could be like... I will book in my workout times so that I train at 9.30 am on these particular days. I will set reminders on my phone to remember to drink more water.

Weekly goals: I will do my Food preparation every Sunday or every Wednesday and Sunday. I will reduce my soft drink intake this week. I will go over my positive affirmations each morning when I wake up.

Monthly Goals: I will lose 1 inch off my waistline, I will take my measurements, I will go over all my obstacles and see if there is anything I can do to improve anything for myself to make my journey to getting into great shape more efficient.

My Kick Ass Ultimate Goal: I will have lost a total of --- inches from my waist, hips, thigh, chest, arms. I will look and feel sexy. I will be proud of myself, I will feel healthy, I will be sleeping better, I'll be enjoying my new healthy "awesome body" lifestyle.

Under your weekly, monthly and Ultimate goals put down something you will reward yourself with. Not food! But it could be a new haircut, new dress, massage, new swimsuit, getting your nails done, new runners, new gym clothing. Something to help you cook or prepare your healthy meals faster. A vacation! You get where I am heading.

BOOTCAMP

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Open Your [breaking-down-your-goals-and-rewards-sheet.pdf](#) goals and rewards sheet...

And write down your goals and rewards! It doesn't matter if it changes later, but just write down some ideas for now, so you understand how it works.

This is something you can really have fun with. Once you've completed this, head on over to the private facebook group and share your goals and rewards.