

The Mindset Behind Getting Into Awesome Shape

BOOTCAMP

...It's Not About Being Perfect

Week 2: Lesson 2



Get rid of

Getting Rid Of What's Holding You Back

Do you have anything in your house, your mind, in your office that reminds you of your "failures"?

It's time to start taking action and start getting rid of some of the things that are holding you back.

They don't all have to be thoughts, it can be physical stuff as well.

what's
holding YOU
back....



**old gym
equipment**

**old
clothes**

excuses

**unhealthy
snacks**

**reminders
of negative
feelings**



So start thinking about these and what you could do to change them.

For example:

If the old gym equipment isn't being used, throw it out.

If you have old clothes that are way too big, get rid of them or donate them.

Stop the excuses for not exercising.

Take responsibility for the unhealthy snacks...





Start making a “what you can do plan”...



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ACTION STEP

Open up and complete your [get-rid-of-whats-holding-you-back-mindset-sheet.pdf](#) mindset sheet...

Then share it in the Bootcamp
Private Facebook Group...

