


The Mindset Behind Getting Into Awesome Shape

BOOTCAMP

...It's Not About Being Perfect

Week 2: Lesson 3





Gaining Clarity On What You Really Want and Why

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

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



Do you want to be slim and slender? Do you want to have more lean muscle and low body fat? Would you feel more confident at business events?



Blooper from my photo shoot 😊





Do you want improved self-esteem, improve health issues, feel confident in shorts?



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ACTION STEP

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

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

