The Mindset Behind Getting Into Awesome Shape

BOOTCAMP

...It's Not About Being Perfect



Breaking Down <u>4004</u> goals and rewards...

Having them writing will remind you of the things you need to do in order to get into fantastic shape!



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Breaking Down Your Goals and Rewards

A. Write down your goals and rewards! It doesn't matter if it changes later, but jus write down some ideas for now, so you understand how it works.						
Daily Goals						
Weekly Goals						
Œ	Mandy Gibbons, Virtual Fitness Trainer, http://virtualfitnesstrainer.com					

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BOOT CAMP The Mindset Behind Getting Into Awesome Shape It's Not About Being Perfect B. Under your weekly, monthly and Ultimate goals put down something you will reward yourself with. Not food! But it could be a new halrout, new dress, massage, new swimsult, getting your nails doen, new runners, new gym dothing. Something to help you cook or prepare your healthy meals faster. A vacation!	Boot CAMP The Mindset Behind Getting Into Awesome ShapeIt's Not About Being Perfect Monthly Goals - Rewards	The Mindset Behind Getting Into Awesome ShapeIt's Not About Being Perfect Kick Ass Ultimate Goals - Rewards
Weekly Goals - Rewards		
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BOOTCAMP ACTION STEP

Open Your breaking-down-your-goals-and-rewardssheet.pdf goals and rewards sheet...

And write down your goals and rewards!

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



