

# The Mindset Behind Getting Into Awesome Shape

## **BOOTCAMP**

...It's Not About Being Perfect



## **Week 4: Lesson 2**

# Breaking Down YOUR 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 just write down some ideas for now, so you understand how it works.

#### Daily Goals

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#### Weekly Goals

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#### Monthly Goals

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#### Kick Ass Ultimate Goals

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## ACTION STEP

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

**And write down your goals and rewards!**

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

