



Health is a state of mind

7 DAYS TO A HEALTHY MINDSET

GET YOUR MIND AROUND TRAINING
AND MOTIVATION

BODY BEYOND LIMITS



Worksheet 1.

Put your goals into writing. It's even better if you write them down somewhere that you see them EVERY DAY!

MAIN GOAL

1.

2.

3.

While working toward your big goal think of all the steps you need for you to reach that goal and prioritise them to make reaching your goals. less overwhelming.



Worksheet 2

Make gym dates with yourself and set out to do something in particular ie, run 1km, do 10 burpees in a row and at the end you will feel as though you achieved something or have something to work toward.

1.

2.

3



Worksheet 3

Make a schedule, put reminders in your phone and on your calendar. Make them as important as a doctors appointment - This is YOUR health after all!!

If you are doing a class make sure you book in <https://bodybeyonlimits.com.au/book-now/>

What appointments are you making for your health this week?

Mon

Tues

Wed

Thurs

Fri

Sat

Sun



Worksheet 4

Remind yourself that exercising helps your mind too. Gain that mental edge if you have some big project coming up or have just been not feeling well mentally. Once you start you will notice the difference and start gaining momentum again.

Keep a record of the way you feel each day when you train and what you feel, how it helped etc,.



Worksheet 5

Change the way you eat.

Make sure that you read the instructions in the info plan we sent you and follow the plan for an entire week. Once you starting eating well, you will start to have more energy for life and training. Also once you start eating well you start to feel in control.

Keep tabs of the differences you notice as you go through your journey.

The info plan is a tiny sample of one of the amazing 30 day Body Shift challenges run at Body Beyond Limits come see us to find out more about how to be a part of the next one and how you can make your own amazing transformation.

Worksheet 6

The first few days of training are going to be the hardest. Don't let this discourage you. Make sure you have active rest and walk on your days off to help you recover.

Keep tabs of the differences you notice as you go through your journey.



Worksheet 7

Most importantly every day remind yourself that YOU ARE WORTH IT!

You are worthy of health. You are worthy of being strong in mind and in body. You are worth feeling GREAT!

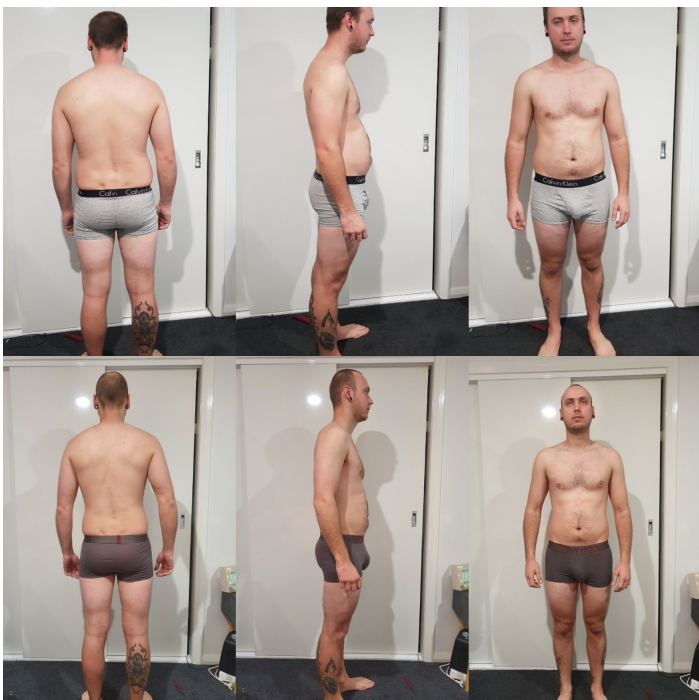
What is your why? Whether it is to break the cycle of bad habits in your family, to watch your grandkids grow old, to look and feel better, to be better than you were yesterday. Whatever it is, it is valid and should keep you moving.

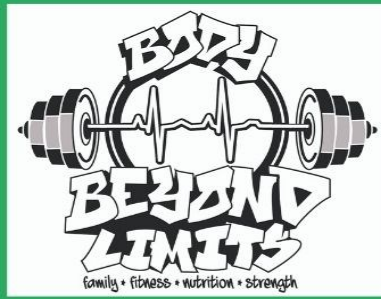
- 1.
- 2.
- 3.
- 4.
- 5.





30 Day challenge results





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