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# Mind Your Mindset

EXERCISE

Your mind is extremely powerful. It will believe whatever you tell it to believe, and will then find evidence to support those beliefs. That's why it's crucial for you to tell it positive messages that will take you toward your goals.

A great way to do this is to become aware of the messages you're currently allowing in your mind. Then, exchange the negative ones for positive ones, and reinforce them so they become your "new normal." The following exercise will help you do just that.

## **1 WHAT IS A COMMON NEGATIVE MESSAGE YOU TELL YOURSELF?**

(EX: I'll never lose weight.)

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## **2 EXCHANGE THE NEGATIVE MESSAGE FOR A POSITIVE ONE.**

(EX: I am fully capable of losing weight.)

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3

**LIST THE RESULTS YOU WANT TO ACHIEVE.**

(EX: Improve my confidence; become healthier; wear my favorite jeans; etc)

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4

**VISUALIZE YOURSELF HAVING ALREADY ACHIEVED THOSE RESULTS.**

(Be descriptive! Where are you? What are you doing? What are you feeling?)

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