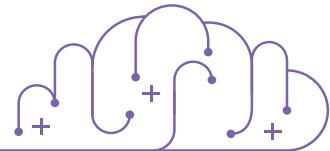


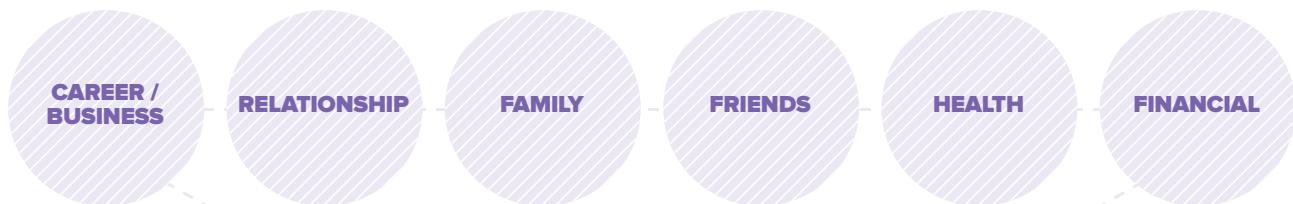
Choose your Mindset.



1.

SELECT YOUR FOCUS AREA:

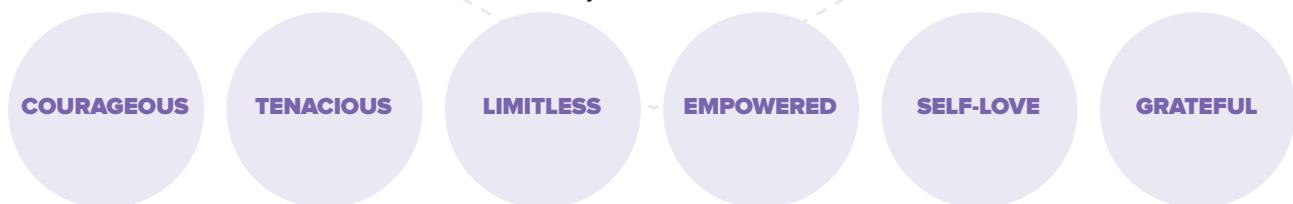
Circle one per worksheet.



2.

SELECT YOUR MINDSET:

For your focus area.



3.

DECIDE HOW YOU ARE GOING TO TURN UP:

Moment by moment, minute by minute, with every cell in your body from the top of your head to the soles of your feet.



ACT

How are you going to act around people?



THINK

What is going to be your dominate thought?



TALK

What are you going to say to others when you talk to them?



WALK

How are you going to present yourself to others?



SAY

What are you going to repeat to yourself?

4.

DAILY HABIT: What daily habit can you do 5, 6 or 7 days a week to reinforce your chosen Mindset and make it part of your DNA? What do you need to increase or decrease to strengthen this Mindset?



WHAT YOU READ ...



WHAT YOU WATCH ...



WHO YOU TALK TO ...



TYPE OF EXERCISE YOU DO ...



WHAT YOU EAT ...



WHAT YOU DRINK ...



Now more than ever you need to control the controllables and to do that, you need to choose your mindset.

