



# THE NEW YOU MATRIX

## FREE NEW YOU MATRIX WORKSHEET

FROM THE NEW YOU PLAN.  
COMPLETE THIS MATRIX TO GET CLEAR  
ON WHAT BEING SLIM AND HEALTHY  
MEANS TO YOU!

YOU CAN FIND OUT MORE  
ABOUT THE NEW YOU PLAN  
AND ORDER DIET MEAL  
REPLACEMENTS FROM OUR  
WEBSITE

[www.TheNewYouPlan.com](http://www.TheNewYouPlan.com)

## REMEMEBER

If you REALLY want  
something you will FIND A  
WAY... if you don't YOU  
WILL FIND AN EXCUSE.

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What will you feel when you get to your goal?

What will you feel if you don't get to your goal?

What do you need to do to achieve your goal?

What do you need to give up to make this goal happen?



How do you want to

**FEEL?**

Are your

**EXCUSES**

worth it?

Is the **HARD**

**WORK** worth it?

**REMEMBER you are**  
**what YOU DO.**

**Do. Be. Have.**

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What will you feel if you don't get to your goal?

What do you need to do to achieve your goal?

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