

MISSION MINDSET *How Do I Want to Show Up In Key Life Roles?*



Getting clear on how losing weight IMPACTS YOU IN EVERY IMPORTANT ROLE YOU HAVE IN YOUR LIFE is a great way to find motivation to surge ahead with your weight loss journey. I recommend that you print out the MISSION MINDSET TASKS, fill them in and read them every morning as part of your morning routine. Reconnecting with your WHY, and YOUR MISSION will help you to start off every day feeling focused on what matters.

Maybe your confidence will be higher, maybe you will have more energy, maybe you will be able to help more people, maybe you will gain more respect, maybe you will set a better example to people who look up to you, maybe you will be able to create better memories, maybe you will be able to experience intimacy at a new level, maybe you will be able to find true love again, maybe you will be able to travel and see the world, maybe you will get a family portrait, have a portrait, organise a reunion of old friends....

You might struggle to get 20 reasons for each role, but I really urge you to not stop listing out reason until you get to 20 for every role.... you see sometimes the BIGGEST BREAK THROUGH don't come until you hit 20... until you have to dig deep and really think... How will this really impact my life and the people that I love??

My Life Role:	My Life Role:	My Life Role:
Who does this impact:	Who does this impact:	Who does this impact:
20 Reasons Why Getting Slim, Healthy & Fit will benefit myself and others in this role. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20	20 Reasons Why Getting Slim, Healthy & Fit will benefit myself and others in this role. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20	20 Reasons Why Getting Slim, Healthy & Fit will benefit myself and others in this role. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

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