

MINDSET

Management



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What is mindset management?

Ladies as you set off on this amazing and life transforming journey with us you will ALL encounter various challenges along the way. The rewards for doing this are invaluable - Greater health, greater happiness and a greater quality of life, But we won't lie to you, at times this journey will be tough, and you may feel like giving up along the way.

Your mindset will play a critical role in how you view, respond to and ultimately overcome these challenges as you take ownership of your choices and become your own success story

Our role as coaches is not to “motivate” you, Instead we are here to guide you so that you can access that motivation and “drive” within yourself, so that when the going gets tough.....you have something within you that is tougher!



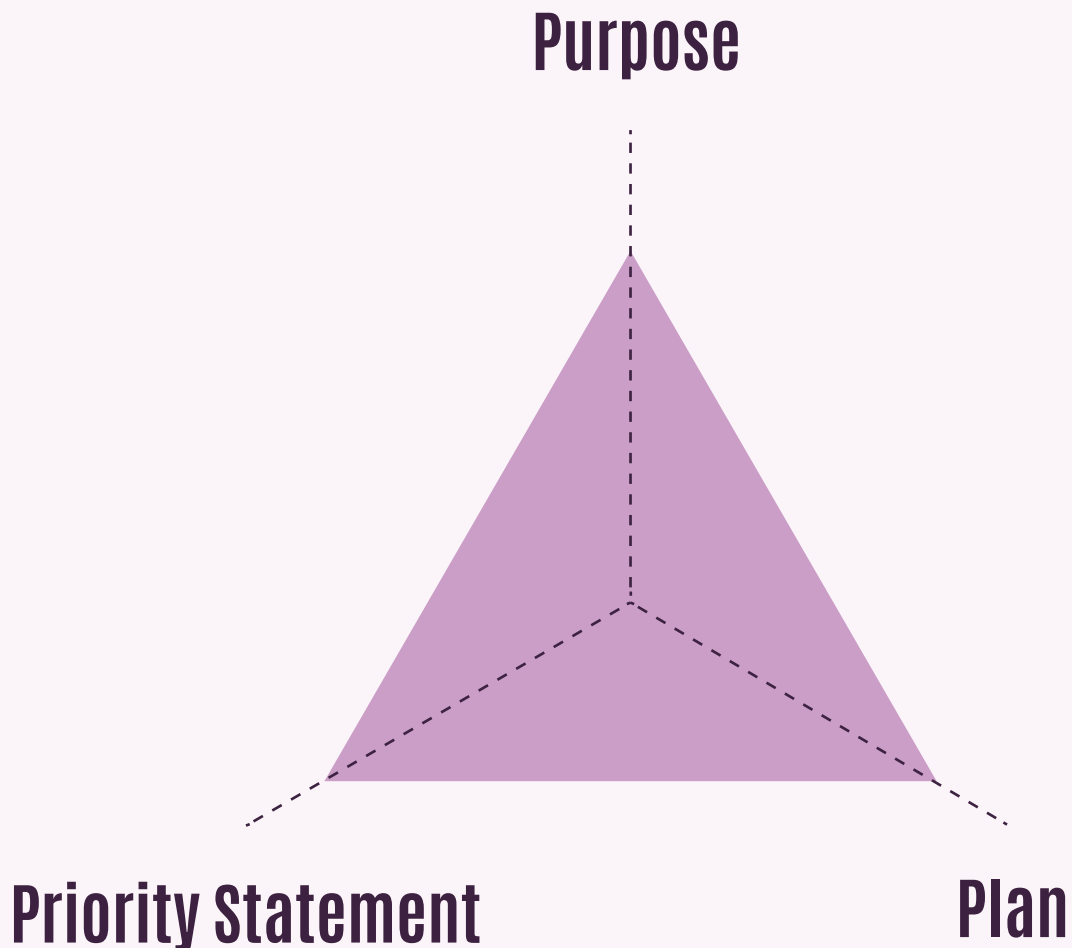
When a woman finally learns that pleasing the world is impossible, she becomes free to learn how to please herself

Glennan Doyle

The 3 Ps

The “3 Ps” are the 3 elements of your Mindset that we would like you to explore and gain clarity on before starting your journey with us.

They are:





Purpose

The dictionary defines purpose as:

“the reason for which something is done or created or for which something exists”

“a person’s sense of resolve or determination”

“one’s intention or objective”

Is essentially your “Why” for doing this program

Activity - Finding your PURPOSE

The following activity is called the “5 Whys” It is designed to help you discover the deeper motivation for embarking on this journey through a series of simple questions

Please answer all 5 questions. As you go deeper into your “why” with each question you may need to spend a bit longer on each question. Challenge yourself to sit with it until you find the answer before moving onto the next question:)

Q1: What was my initial reason for beginning this program?

A1:

Q2: Reflect on your answer to Q1 - Why is that reason important to me?

A2:

Q3: Reflect on your answer to Q2 - Why is that reason important to me?

A3:

Q4: Reflect on your answer to Q3 - Why is that reason important to me?

A4:

Q5: Reflect on your answer to Q4 - Why is that reason important to me?

A5:

Q6: What did you discover about your purpose from this activity?

A6:



Plan

Now that we have an understanding of our purpose its time to move forward into the planning stage. We already know what we want to achieve (Goal) and why this is important (Purpose) , the Plan is the specific action steps (Behaviours) we are committed to doing that will get us there

Your plan may change throughout the program and this is normal. We use outcome based decision making which means picking a strategy, taking action on the strategy, Evaluating the outcome and making changes where necessary

Activity

Looking back at your Purpose we would like you to choose 3 areas of behaviour or habits that you would like to focus on to move you towards your end goal.

Examples of Behaviors are:

Mindset:

- Accountability
- Positive Self talk
- Integrity
- Resilience - Not giving up

Nutrition:

- Meal Planning
- Meal Prep
- Hydration Goal
- Boundary setting

Exercise:

- Consistency of exercise Sessions
- Intensity of exercise sessions

ACTION PLAN:

▶ My Behaviour Goal #1 is _____

What needs to be done?

How will I do this:

When will I do this:

How will I know when it has been done?

▶ My Behaviour Goal #1 is _____

What needs to be done?

How will I do this:

When will I do this:

How will I know when it has been done?

▶ My Behaviour Goal #1 is _____

What needs to be done?

How will I do this:

When will I do this:

How will I know when it has been done?



Make yourself a priority.
At the end of the day, You're
your longest commitment.



Priority Statement

So let's summarize:

We know our reasons for doing this

We have our initial plan of Action

Now its time to put this together into a priority statement!

This is YOUR commitment to YOU!!!



Make yourself a priority.
At the end of the day, You're
your longest commitment.

MY PRIORITY STATEMENT

Make sure to include

- My purpose for doing this is

- This is a priority because

- I am committed to the following daily actions

- My vision of my best self is