

3 - Steps to Slimness Discovery Worksheet

Step 1- Inspired Awakening

Ruthless Compassionate Clarity
+ Magnetic Balance Philosophy
= Inspired Goddess Awakens

What do you really, really want in your life?

What do you really want for your body and health? If you could wave a magic wand?
Not just what you don't want. What do you really WANT?

What have you been putting up with because you think it's too hard to change it?

Where is the support in your life that you haven't noticed or taken advantage of?

Where is the awesomeness, laughter and love in your life?

Step 2 - Liberated Clarity

Core Compelling Reasons
+ Unshakeable Self-Commitment
- Dragging Emotional Weight
= Unleashed Power

Why do you want to make this change? Why MUST you?

What is it costing you to not dedicate yourself to this 100%?

What has stopped you from already having made this change? What are the excuses and emotions that hold you back?

Step 3 - Empowered Action

Self-Awareness & SuperPowers

+ Empowered Boundaries

+ Dedicated Refinement

= Joyful Celebration & Freaking Awesome results.

Where in your life do you need to set better boundaries?

What do you currently do that you feel resentful of?

Where could you delegate to others to empower them and give yourself more time?

What activities do you like to do? What could you give a go to see if you like it?

How else could you notice your health improving even if you don't see it on the scales?

What methods would you like to use to track your progress and celebrate your success?

How will you know when your choices are yielding changes?

How will you know when you need to tweak your routine to get better results?

Who could you get help & support from?

What is a single action step you could begin today that will take you closer to your goal?

If you would like more help with your mindset, motivation & releasing the emotional sabotages, please contact us to apply for a complimentary Self-Sabotage Discovery Call here. Valued at \$250!
<http://mymindcoach.com.au/apply-for-a-call/>