



THE FRESH LIFE
INTERNAL MAKEOVER
journey



READY YOUR
FRESH LIFE MINDSET



MODULE 1 WORKBOOK 2



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Please note: Remember to go through the content and complete the activities at your own pace. You can never fall behind because this Journey is yours and yours alone, and only you can decide how fast you want to work through everything. Do a few activities at a time and then take a break, or come back to it later - complete things as you are able to make time for them. If you feel overwhelmed by any of it, or you feel like you don't have all the answers, be gentle on yourself and take a break. Go do something creative. Get your mind off it. And come back to it when you can make the time to return to it with a Fresh mind... It will all be here for you as and when you are ready. Creating **Your Best Fresh Life** is not a race.

Workbook Description:

This Module is all about helping you to mentally prepare for your **Fresh Life Internal Makeover Journey**.

Too often we overlook the mental barriers that can get in the way of creating truly successful results for ourselves, no matter what we are undertaking to achieve in our lives. It's great to have tools to physically achieve something, but if we don't have the mental conditioning to utilise those tools, then we are setting ourselves up for failure before we even begin.

This is why this is the very first, and indeed, one of the most important Modules of this whole Program. Everything you find in this section, as well as all the other sections in this **Love and Prepare Your Self** Module, are based on what has worked for me, and is designed to help you give yourself the best opportunity for creating positive, healthful changes in your and your family's life, for the long run.

"ONCE YOUR MINDSET CHANGES, EVERYTHING ON THE OUTSIDE WILL CHANGE ALONG WITH IT."

- Dr Steve Maraboli





Learning Objectives:

- You will come to understand the power and importance of Mindset, and how it affects your results.
- You will find out what your present Mindset looks like, plus what you can do to optimise and improve your Mindset to help you achieve your best results.
- You will get the 5 steps for creating your Fresh Life Mindset.
- You will participate in activities that will help you practice using the tools that are shared with you, so you can continue to optimise your Mindset, throughout your Fresh Life Internal Makeover Journey.

"OUR LIFE IS WHAT OUR THOUGHTS MAKE IT."

- Marcus Aurelius

These tools are something you can use in all the areas of your life - much of what you learn in this section, and the whole of this week's Module, can be applied to every part of your life, which is why this Module is one of my favourites! Enjoy!





Activities:

I've listed all the activities here so you know what to expect, but don't let the number of them overwhelm you. Everything is all laid out for you and it's easy to complete - all the answers already exist inside you!

- **Activity 1 - Identify your Concerns and Fears** (answer 10 questions).
- **Activity 2 - Get to know your Mindset** (answer 7 questions).
- **Activity 3 - Practice having a Growth Mindset** (create 5 Growth Mindset statements).
- **5 Steps to creating your Fresh Life Mindset** - you will receive all sorts of awesome activities and tools to help you with this... it's all laid out for you (easy peasy!).
- **Activity 4 - Use Your Fresh Life Mindset Cheat Sheet** (fill in the 5 steps).
- **Activity 5 - Nurture Your Attitude of Gratitude** (fill in a few lines).
- **Activity 6 - Practice Loving Your Self!** (fill in a few lines).
- **Activity 7 - Surround your Lovely Self with visually beautiful, positive things!** (some Fresh fun activities)
- **Activity 8 - Check your Fresh Life Mindset** (answer 10 questions).

Additional Worksheets, Tools and Resources:

- **Worksheet download** - (for Activity 1) **Identify your Concerns and Fears.**
- **Worksheet download** - (for Activity 3) **Your Fresh Life Mindset Cheat Sheet.**
- **Worksheet download** - (for Activity 8) **Check your Fresh Life Mindset.**





- Fresh Life Gratitude (digital) Journal download + Fresh Life Gratitude Journal Page print off.
- References and Additional Resources page.

“NOTHING IN LIFE IS TO BE FEARED.
IT IS ONLY TO BE UNDERSTOOD.”

- Marie Curie



BEFORE WE BEGIN... DO THE FOLLOWING:

(Activity 1)

TAKE ACTION NOW!

Activity 1 - Identify your Concerns and Fears

DO THIS NOW: Download your **Activity 1 - Identify your Concerns and Fears** questionnaire (it's just 10 questions), and take some time to fill this out.

The best way to create some clear space so you can focus on solutions and creating positive changes, rather than always focusing on what you are always worried about, frustrated about and concerned about, is to write them down.

You can print this questionnaire and then fill it out, or download it and just type in your answers... then save it to your computer.

Practical Tips:

I highly recommend you create a **My Fresh Life** folder and keep everything in there for quick and easy reference!

I love using Dropbox - you can get a free account, and upload your **My Fresh Life** folder there so you can access everything at any time. It's great when you are on the run, or too busy to access your computer... you can view everything right on your smart phone!



READY YOUR MINDSET

MIND-SET, *noun*

1. A mental attitude or disposition that predetermines a person's responses to and interpretations of situations.
2. A set of beliefs or a way of thinking that determines one's behaviour.

Mindsets

Our Mindset is probably one of the most important factors, and one of the most overlooked aspects of any one individual's success or results.

It is the determining factor that dictates how we operate and exist in the world, and along with it, determines all our behaviours, habits and life outcomes.

What is a Mindset?

Our mindsets are the collection of beliefs and thoughts that make up our mental attitude.

Our Mindset is the 'lens' through which we see the world, it's the 'frame of mind' we use to interpret our experiences of the world around us, and it determines how we react to the circumstances and situations we encounter in our day to day lives.

**"THE SINGLE MOST POWERFUL ASSET
WE HAVE IS OUR MIND."**

- Robert Kiyosaki





How are our Mindsets formed?

Our Mindsets are based on our beliefs (what we believe to be true about ourselves and the world around us), and the development of those beliefs start when we are very young.

Beliefs come from what we are taught, what is impressed upon us - what we are conditioned to believe.

We further develop our beliefs based on what we observe, and the results we get along the way, as we experience the world throughout our lifetime.

How do our Mindsets impact our lives?

Mindsets create our 'thought habits' or habitual thought patterns. We try and fit everything we experience into our Mindset or mind map of beliefs. It's how we make sense of the world.

Everything we say or do, and therefore all our actions and results, are based upon our Mindsets.

Therefore, our Mindsets affect the outcome of every undertaking, change or action we want to take in our life. Our Mindsets not only affect everything we do, plus influence our outcomes, but can actually be responsible for creating the outcome itself.

Mindsets determine whether you believe you can do, change or achieve something.





Therefore getting to know your Mindset, recognising your beliefs and 'thought habits', and having the ability to change Mindsets that do not serve you, is vital to creating success, in any area of your life.

"MAKE YOUR MINDSET A TOP PRIORITY, BECAUSE THE ACTIONS YOU TAKE (OR DON'T TAKE) ALWAYS STEM FROM YOUR THOUGHTS."

- Kathleen Deggelman

This is why the first thing you are going to do is get to know your Mindset.
(Activity 2)





TAKE ACTION NOW!

Activity 2 - Get to know your Mindset.

DO THIS NOW: Fill in your answers to the questions below.

You need to know how to recognise your Mindset so you can be aware of it, acknowledge it, and then you will be able to work on shaping your Mindset, so it can better serve you!

These questions are designed to help you get to know your Mindset. Take some time to answer these questions. Find a quiet spot, read the questions carefully, and write 'from your gut'. Be honest with yourself, and try write as much detail as possible in your answers.

***Please Note:** All the answers you give in these questionnaires are vital. They will come into play throughout your Journey, so try and complete everything as you go - it is only included to help serve you and help you achieve your best results.*

1. What do you believe to be true about the following, as they relate to you personally: share your thoughts, beliefs, and how each of them make you feel?

Remember, the more detail you give, the better this exercise will serve you on this Journey!

Food





Weight loss

Poor health symptoms

Family medical history

Exercise

Being healthy/living a healthy lifestyle





2. What do you feel holds you back from living your ultimate healthy lifestyle...

3. What thoughts go through your mind when you are trying to be health/implementing healthier actions?

4. What thoughts go through your mind when you are trying a new program/trying to establish new healthy habits?





5. What do you think your results will be before you begin any new Program?

6. When things don't go the way you want them to while you are pursuing healthier ways of being, what thoughts go through your mind?

7. How confident are you really, right now, about the results you are going to get from this Program? What results do you think you are going to get?



“MANY TIMES, IT’S OUR THOUGHTS, NOT OUR PHYSICAL CIRCUMSTANCES OR ENVIRONMENT, THAT HOLDS US BACK MOST, THEREBY PREVENTING US FROM REACHING OUR DREAM GOALS.”

- Samantha Wyatt

How do our Mindsets affect our behaviour and results?

Successful people in life all have similarities in the way that they think. They believe before they achieve.

Believing you are *capable* of achieving something, **AND believing** that you will achieve it, are the cornerstones of achieving any successful result, reaching any goal or changing any behaviour.

Having the right information and good guidance (This Program!) is vital, yes. But Mindset is equally as important to achieving successful results.

Having the right Mindset is the difference between achieving what you have always dreamed of, or not coming close at all. The ability to have an empowered and positive Mindset allows us to, not only overcome hurdles and obstacles along the way, but helps us welcome those challenges as opportunities for growth instead of seeing them as stop signs to our progress.

This Program will help give you tools that you can use to shape and change your Mindset so that you can create more successful, long-term results through your **Fresh Life Internal Makeover Journey**.

Be open to change. Be ready to try new things. Especially those that challenge your beliefs, so that you can shape your Mindset into one which will serve you in the most positive ways as you pursue your best **Fresh Life**.





Be willing to try things you may have even already tried before in the past. Give yourself a fresh start, to try again.

Taking action is one of the best ways to expose yourself to new, positive ways of being, doing, and experiencing life. It's like experiencing the results of a different Mindset by using physical action to manifest those results!

This Journey will help you to take consistent positive actions. Participating and taking action will help you create/improve/enhance the way you think for the better, and help you make those long-lasting positive changes you have always wanted to make.

"PROGRESS IS IMPOSSIBLE WITHOUT CHANGE, AND THOSE WHO CANNOT CHANGE THEIR MINDS, CANNOT CHANGE ANYTHING."

- George Bernard Shaw

Can we change our Mindsets?

Our brains are extremely malleable (changeable), which means we can proactively do things to change the way we think and therefore, create better results.

There are many studies and bodies of work coming out proving just how 'changeable' our minds really are.

One such expert is Dr Carol Dweck, Professor of Psychology at Stanford. She refers to something called a Growth Mindset, which is a Mindset we can all create or nurture in ourselves (and our loved ones), and use it to achieve anything we want.

It's a Mindset which makes sure we know that any and all of our abilities can be developed and improved. This basically means, that even if we don't





have the skills to do something yet, we can learn and develop ourselves until we have what we need to succeed. Which makes anything we want to achieve, possible.

“FOR NO MATTER WHAT YOUR ABILITY IS, EFFORT IS WHAT IGNITES THAT ABILITY AND TURNS IT INTO ACCOMPLISHMENT.”

- Dr Carol Dweck

It is now scientifically proven that it is possible to ‘grow’ our brains, to learn new skills and develop our abilities beyond what most of us believe to be possible, and it starts by nurturing this Growth Mindset in ourselves.

One way we can nurture our Growth Mindset is to challenge ourselves.

We can start with small challenges to begin with. The most important thing to do here is to praise ourselves on the efforts it takes to engage in activities that challenge us.

Instead of focusing on praising the **outcome**, the focus of praise is instead given to the **process** involved in engaging with the challenge - which means we praise the actions and attitude it takes to see the challenge through.

Instead of us thinking, ‘I didn’t achieve my goal’ which tends to keep us in a ‘fixed’ Mindset (not good - this is the opposite of a Growth Mindset), and makes us feel like we have failed at something, we can rather practice thinking with a Growth Mindset by saying, ‘I didn’t achieve my goal...**YET!**’

If we could look at all of our efforts, when it comes to ANYTHING in life, and just add that little word... “yet”, how much better our lives would be!





This keeps us in the belief that, no matter what happens or how long it takes, we will eventually achieve whatever it is we are going for.

What a wonderful way to think!

“NO MATTER HOW MANY MISTAKES YOU MAKE OR HOW SLOW YOU PROGRESS, YOU’RE STILL WAY AHEAD OF EVERYONE WHO ISN’T TRYING.”

- Tony Robbins

Our brains actually ‘grow’ and become ‘stronger’ when we put ourselves to the test and challenge ourselves beyond our comfort zone.

Meeting challenges head-on and using a persistent, positive attitude in order to persevere and move through the ‘struggle’ phase that’s involved in achieving any goal, is the most valuable skill we could Master, and helps us to develop more of a Growth Mindset.

And a Growth Mindset is gonna get us to where we want to be, faster.

Training ourselves to have more of a Growth Mindset prevents us from being easily ‘knocked down’, when and if we encounter set backs, mistakes, or failed attempts, so that we just keep moving forward towards our desired goals, no matter what.

So let’s Practice this... **(Activity 3)**





TAKE ACTION NOW!

Activity 3 - Practice having a Growth Mindset.

DO THIS NOW: First, write down a few goals that you have made for yourself in the past, make sure at least one has to do with why you are here going through The Fresh Life Internal Makeover Journey! You can add ANY goals you want for your life!

Goal 1 _____

Goal 2 _____

Goal 3 _____

Goal 4 _____

Goal 5 _____

Only read this after you have finished writing your goals (above):

Normally you might look at your goals list and start beating yourself up, right? Thinking, “I didn’t achieve this... or, I never did achieve that...” But, that’s the past! We’re going to practise cultivating a Growth Mindset for the future.

DO THIS NOW: Let’s turn those “I didn’t achieve this... or, I never did achieve that.....” statements into Growth Mindset Statements by writing the following at the end of each of your written goals: ‘I haven’t achieved my goal...**YET!**’ Now, read them back to yourself. How do you feel about those goals now? Pretty optimistic, right?

This is the way you need to think about ALL the goals you want to achieve throughout your **Fresh Life Internal Makeover Journey**, and indeed, in all other areas of your life!





“SUCCESS [STRENGTH] DOESN'T COME FROM WHAT YOU CAN DO, IT COMES FROM OVERCOMING THE THINGS YOU ONCE THOUGHT YOU COULDN'T.”

- [adapted from] Rikki Rogers

So what else can we do to change our Mindset?

You need to tell yourself, “I *can* make the changes I want and need to make... I *can* do this!”

You have to believe that you can succeed at what you have set out to do, otherwise, your subconscious belief will sabotage all your efforts with thoughts like, “Well what’s the point? If I know I’m not going to succeed, then why bother...”

Remember these are hidden, subconscious beliefs that can affect your results if you don’t **Ready Your Fresh Life Mindset**, to help gear yourself up for success!

“BELIEVE YOU CAN AND YOU’RE HALF WAY THERE.”

- Theodore Roosevelt

If you don’t believe, expect, or think you will do well, then you are literally setting yourself up to fail before you have even begun.

By default, if you don’t believe you can achieve something, then the rest of you just follows suit: you won’t try as hard, you won’t work as hard, and you will apply yourself with less passion because you don’t have a reason to. You just won’t see the positive end result in your mind.





You will end up creating the result you imagine you will achieve.

This can work to create both negative or positive results.

When you truly believe you can achieve something, everything that you need will subconsciously switch on. Your confidence will be high, and your level of productivity will go up. You will take more action. You will react positively in the face of adversity or set backs. You will not surrender easily to obstacles or defeat. You will exist in a 'solution-oriented' state of mind, believing you will *find* a way to make things work.

Your belief drives your results. Therefore, you *will* get what you want if you believe that you will.

You not only need to believe that you are *capable* of succeeding but you need to be able to visualise yourself achieving, or having already achieved, your successful end result.

"WHETHER YOU THINK YOU CAN, OR THINK YOU CAN'T, EITHER WAY, YOU ARE RIGHT."

- Henry Ford

All self-defeating thoughts must be recognised and identified first (which we did in the above section: **Get to know your Mindset**). They are the negative stories we tell ourselves, and which manifest themselves physically, and exactly, in our lives and in our results.

This is where we need to focus on changing or turning our Mindsets around.

Here's how...!





THE 5 STEPS TO CREATING YOUR FRESH LIFE MINDSET

You will be able to use these steps to help change, create, improve and maintain your own awesome **Fresh Life Mindset!**

The 5 Steps are:

1. Define Your Fresh Life Vision and learn to condition your thoughts and focus towards that Vision, at all times!
2. Learn to see problems and mistakes as TEMPORARY set backs...
3. Challenge yourself, and praise yourself for your efforts, no matter the outcome, so you can learn to enjoy every challenge that comes your way.
4. Take responsibility for everything that happens in your life and stay in solution-mode.
5. Reaffirm your positive beliefs about what you are going to achieve.

"OUR LIFE IS THE CREATION OF OUR MIND."

- Buddha

Let's explore these 5 Steps in a little more detail...

STEP 1: Define Your Fresh Life Vision and learn to condition your thoughts and focus towards that Vision, at all times!

You will need to define the Vision that you have for yourself (**Your Fresh Life Vision** = your ultimate end result!), and then learn to condition your thoughts and focus towards **Your Fresh Life Vision** to help always keep you moving forward on your **Fresh Life Internal Makeover Journey...**





All the exercises in this Module are designed to help you define your very own **Fresh Life Vision** (at the end of this Module).

Your Fresh Life Vision will become your steady, trusty anchor - a positive reminder of where you want to be, even if you occasionally 'drift off course'.

We've all 'fallen off the wagon' when trying to create new healthy lifestyle habits. But we need to make sure we don't beat ourselves up when we do experience this. That's where **Your Fresh Life Vision** comes in.

Your Fresh Life Vision will epitomise the ultimate end-goal that you have in mind for you and your family. This is the best, most sustainable motivation you'll have that will keep you on track as you work through this Program, and utilise the many tools you will be given, to help you manifest this Vision in your life.

Keeping **Your Fresh Life Vision** in the forefront of your mind, will help you to stay strong and steadfast, in pursuit of your healthiest Self, and will ensure you get 'right back on that band wagon' if you happen to hit a few bumps along the way to achieving your ultimate health and wellness goals!

I will give you an overview of the tools that will be made available to you, once we have discussed all 5 Steps.

**"YOU ARE TODAY WHERE YOUR THOUGHTS HAVE
BROUGHT YOU; YOU WILL BE TOMORROW WHERE
YOUR THOUGHTS TAKE YOU."**

- James Allen





STEP 2: Learn to see problems and mistakes as TEMPORARY set backs...

Be a solution-orientated person, think of ways you can make something work, or how you can make something work *for* you.

Remember the exercise we did earlier? If you do experience any set backs, mistakes or trip-ups along the way, it helps to first meet them with a Growth Mindset attitude, by just adding: “I haven’t achieved my goal... **YET!**”

Acknowledge and then release the negative thoughts, with positivity:

*“I haven’t got that healthy habit down pat ...**YET!**”*

*“I haven’t gotten rid of how crappy I always feel ...**YET!**”*

*“I can’t see the difference all the changes I have made ...**YET!**”*

*“I didn’t lose those pounds I thought I would ...**YET!**”*

It is better to meet negative thoughts head-on, and use these tools and thought processes to turn those negative thoughts around, rather than dwelling on the problem which just ends up wasting your energy, making you feel even more negative, and in the end, doesn’t change a thing!

“WHEN YOU FOCUS ON PROBLEMS, YOU’LL HAVE MORE PROBLEMS. WHEN YOU FOCUS ON POSSIBILITIES, YOU WILL HAVE MORE OPPORTUNITIES.”

- Unknown





STEP 3: Challenge yourself, and praise yourself for your efforts, no matter the outcome, so you can learn to enjoy every challenge that comes your way.

Celebrate the process. Praise yourself for taking the action and going through the motions in the first place. You'll be learning to challenge yourself, to take risks, and actually enjoy taking them!

“Feel the fear, and do it anyway.” See challenges, and change, as positive, life-enhancing activities. Remember, challenges grow our brains (how awesome if that!), so we can then develop our abilities, learn processes, and understand the ingredients we need, to achieve success.

So don't let fear prevent you from diving in and taking action. No self-judgement, no beating yourself up, and don't let that perfectionist in you tell you it's 'all or nothing' - only baby steps allowed!

Try all the recipes, experiment with your and your family's food, try new ways of being and thinking, stand up for the changes you want to make, try new ingredients, participate in activities within our **Fresh Life Community**, and interact with those who are on the same Journey as you. Share your experiences, implement new tools and try new behaviours...

And don't forget to love yourself for doing so:

“I haven't got that healthy habit down pat ...YET! ...Yay for me for trying!”

“I haven't gotten rid of how crap I always feel ...YET! ... Yay for me for believing I will feel better!”

“I can't see the difference all the changes I have made ...YET! ... Yay for me for doing the work, and making those changes!”

“I didn't lose those pounds I thought I would ...YET! “ - ”Yay for me for practicing what I need to do to get there!”





If we keep doing the same thing, we'll keep getting the same results. So throw yourself out there. Life begins at the end of our comfort zone, and so too does **Your Best Fresh Life**.

**"IF YOU REALISED HOW POWERFUL YOUR THOUGHTS ARE,
YOU WOULD NEVER THINK A NEGATIVE THOUGHT."**

- Peace Pilgrim

***STEP 4: Take responsibility for everything that happens in
your life and stay in solution-mode.***

Blaming the world, and other people for our mistakes, mishaps, set backs or less than desirable outcomes, is a waste of energy. The truth is, we all play an active role in creating the outcomes we experience in our lives.

Blaming the world, and other people, disempowers us, and makes us feel more negative, and keeps us in 'problem-mode' instead of 'solution-mode'!

We need to look to ourselves, in a loving, forgiving, solution-orientated way, and instead of thinking, *"Life sucks, I tried so hard. I did everything I was told. I haven't got the results I want."*

...we can instead say,

"I haven't achieved the results I want...YET! This is hard, sure, but yay for me for feeling the fear and doing it anyway, for getting back on the horse again. Every time I go through this process I learn something new. It's no one's fault, I just need to keep going, little by little, until I get there. I am going to go back and try again. This time, I'm going to apply myself and what I've learned even better than before."





Here are our previous examples, with empowering, solution-orientated add-ons:

“I haven’t got that healthy habit down pat ...YET! ...Yay for me for trying! I have no one to blame, I just need to keep practising.”

*“I haven’t gotten rid of how crappy I always feel ...YET! ... Yay for me for believing I will feel better! **It’s no one’s fault, it just is this way for now. I am going to love myself and keep going, and try, try again.**”*

*“I can’t see the difference all the changes I have made ...YET! ... Yay for me for doing the work, and making those changes! **I can’t blame anyone for the fact, all I can do is just stick to the changes, and keep going with it until I see the changes.**”*

*“I didn’t lose those pounds I thought I would ...YET! “ - ”Yay for me for practicing what I need to do to get there! **It’s not all my fault, but I take responsibility for the fact that I didn’t look after myself for a very long time. Now that I know what I need to do, I need to keep doing it so I can get to where I want to be.**”*

Love yourself, take control of your life and think of how you can make things work.

“WHEN YOU BECOME THE MASTER OF YOUR MIND, YOU ARE MASTER OF EVERYTHING.”

- Swami Satchidananda





STEP 5: Reaffirm your positive beliefs about what you are going to achieve.

Remind yourself of **Your Fresh Life Vision** (which you will have a clear picture of, by the end of this Module!), stay in solution mode and hold up your thoughts with positive, solution-orientated affirmations!

“I haven’t got that healthy habit down pat ...YET! ...Yay for me for trying! I have no one to blame, I just need to keep practising. I’m pretty sure if I keep practising, I’ll have it down pat soon and I will feel as good as I’ve always known I could.”

“I haven’t gotten rid of how crappy I always feel ...YET! ... Yay for me for believing I will feel better! It’s no one fault, it just is this way for now. I am going to love myself and keep going, and try again. If I make a few more of those changes, and make a little more time to do what I need to for my wellbeing, I just know I will feel like a million bucks soon.”

“I can’t see the difference all the changes I have made ...YET! ... Yay for me for doing the work, and making those changes! I can’t blame anyone for the fact, all I can do is just stick to the changes, and keep going with it until I see the changes. I know if I try a few different combinations of things, that I will find my perfect solution.”

“I didn’t lose those pounds I thought I would ...YET! “ - ”Yay for me for practicing what I need to do to get there! I take responsibility for the fact that I didn’t look after myself for a very long time. Now I need to do the work to get to where I want to be. I’m going to keep making healthy choices, and look at what else I could be doing - if others can do it, I know I can too!”

If you stay focused on the positive outcomes you want, and use Your Fresh Life Mindset, I truly believe you can achieve any and all the results you have always wanted:





*"I haven't achieved the results I want...YET! This is hard, sure, but yay for me for feeling the fear and doing it anyway, for getting back on the horse again and again. Every time I go through this process I learn something new. I just know that I will eventually get what I want. **I am going to go back and really apply myself, I am going to give it my all, and then, I am going to achieve, and be living, my best Fresh Life!**"*

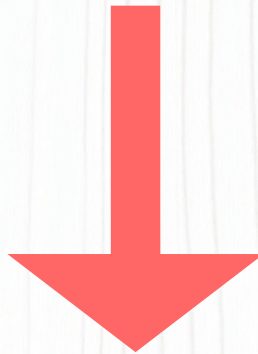
**"YOU HAVE THE POWER TO HEAL YOURSELF,
AND YOU NEED TO KNOW THAT. WE THINK SO OFTEN
THAT WE ARE HELPLESS, BUT WE'RE NOT.
WE ALWAYS HAVE THE POWER OF OUR MINDS.
CLAIM AND CONSCIOUSLY USE YOUR POWER."**

- Louise Hay





CHECK OUT ALL YOUR AWESOME FRESH LIFE TOOLS COMING UP...



A PREVIEW OF ALL THE EXCITING TOOLS & ACTIVITIES!

Please note that this is an overview of the 5 Steps and what we will be covering in the rest of this week's Module.

If there are areas or tools that don't make sense now, they will soon enough.

You will be shown how to create, use and get the most benefit from the 5 Steps that are outlined, but for now, this is for you to read only, so you can get an overall idea of what you will achieve by completing this Module.

PLEASE NOTE! The following list is 'Read Only' for now...

This is an overview of everything you will be working through in this, plus future Modules - all designed to help you clarify **Your Fresh Life Vision**





Read Only....

THE 5 STEPS ARE:

1. Define **Your Fresh Life Vision** and learn to condition your thoughts and focus towards that Vision, at all times!

Step 1 - Tools to help:

There are a lot of great tools in the rest of the Program that are going to help you stay focused on your **Fresh Life Vision**, but you'll need to identify what **Your Fresh Life Vision** *really* looks like!

PLEASE NOTE!

Before I tell you more, I want you to know that I have thought of EVERYTHING for you, so please don't feel overwhelmed by this little section.

This Read Only section is a sneak peek of what's coming up.

You don't need to take notes or remember anything. You will see that everything is laid out for you throughout the Module.

All will be revealed as you work through the upcoming Activities, and I will be explaining it all to you as you go along.

All you have to do is keep reading, and keep filling out the Activities as they are laid out for you - it's best not to skip any section. Do all the work, and you will see how it all unfolds...





How you will discover and define Your Fresh Life Vision:

1. All the sections in this week's Module, including this 1st section: **Ready Your Fresh Life Mindset**, as well as the 2nd: **Values and Priorities**, will both help you get ready for a very special 3rd section, called: **Identify your TEMF**.
These are all designed to help you clarify **Your Fresh Life Vision** at the end of this Module!
2. Once you have clarified and written down what **Your Fresh Life Vision** looks like, we will be doing one of my favourite Activities of the whole Program - you will create your **Fresh Life Vision Board** (on Pinterest!) based on **Your Fresh Life Vision**!
You will get instructions for this in the upcoming Module sections. **Your Fresh Life Vision Board** will become an amazing tool for you to quickly, and visually, keep you reminded of what you are creating and working towards in your life!
3. **PLUS...** There will be lots of practical activities to do, recipes to make, and live challenges to participate in during the Program, within our **Fresh Life Community** (Private Facebook Group). This will be a supportive and loving sanctuary, and will be a place for you to be consistently encouraged, and exposed to positive, optimistic thoughts, behaviours and beliefs, daily. All of which will help you to stay focused on your Journey towards **Your Fresh Life Vision**, Woohoo!!





2. Learn to see problems & mistakes as TEMPORARY set backs...

Step 2 - Tools to help:

Practice thinking positive, confident thoughts with **Your Fresh Life Mindset**. Catch yourself when you hear yourself thinking negatively and focus on the solutions. Surround yourself with positivity and positive thoughts.

1. I have created something special for you to download, print and use to practice these new ways of thinking: **Your Fresh Life Mindset Cheat Sheet!**
(No need to look at this now - I'll prompt you when you need to use this later).

3. Challenge yourself, and praise yourself for your efforts, no matter the outcome, so you can learn to enjoy every challenge that comes your way.

Step 3 - Tools to help:

As a way for you to start taking action, you have already received the 7 Sample Recipes as a 'Taste of Things to Come'... it's just one of the many SECRET BONUS treats I have in store for you!

1. **DO THIS NOW:** Try one or two recipes, and share your experiences in our **Fresh Life Community** (Private Facebook Group). Take photos of what you make, post it in the group and engage with us - let us celebrate, praise and support you for taking action!





2. We also have **LIVE Challenges** coming up later in the Program. What better way to practice Fresh Life ways of eating, than to participate in our LIVE Community based (and delicious) challenges! This happens in Week 3, 4 and 5 and even a little in Week 6 too. Make sure you take action and participate!
3. Our **Fresh Life Community** is the hub of **Fresh Life Activities...** every day of the week! It's the best place to practice enjoying **Fresh Life** habits and sharing all your new **Fresh Life** changes. So make sure you join in (it doesn't have to be every day) and visit often - interact, support, and share the action you take!
4. Take responsibility for everything that happens in your life and stay insolution-mode.

Step 4 - Tools to help:

Practice thinking positive, confident thoughts with your **Fresh Life Mindset**. Catch yourself when you hear yourself playing the blame-game and focus on the solutions. Surround yourself with positivity and positive thoughts.

1. Use **Your Fresh Life Mindset** Cheat Sheet to practice.





5. Reaffirm your positive beliefs about what you are going to achieve.

Tools to help:

This Program is all about sharing **Fresh Life Baby-steps**, which help you to create small positive wins by making small healthy habits, easier to form.

Because you will be implementing only small changes, which are much easier to turn into permanent habits, it's easier to stay in a positive Mindset. And that positively is going to keep you moving forward on your Journey.

1. I have created a special section that's coming up, called: **Changing Your Habits** which shares some FANTASTIC tools to help you form new healthier habits, faster and easier than you ever thought possible!
2. Once you are done with this Module, you can use **Your Fresh Life Mindset Cheat Sheet** to practise - it's basically a quick reference of The 5 Steps we just discussed!
3. And remember, we are practicing living this amazing **Fresh Life** together, through our **Fresh Life Community**, where we all participate, share, and are supported and encouraged by each other, as we move towards creating our dream **Fresh Life**.





“LOVE YOURSELF, RESPECT YOURSELF. NEVER SELL YOURSELF SHORT. BELIEVE IN YOURSELF REGARDLESS OF WHAT OTHER PEOPLE THINK. YOU CAN ACCOMPLISH ANYTHING, ABSOLUTELY ANYTHING, IF YOU SET YOUR MIND TO IT.”

- Marcus Allen

Now that you have all these awesome insights, let's take some time to practice using your new and improved, **Fresh Life Mindset...** (Activity 4)

TAKE ACTION NOW!

Activity 4 - Use Your Fresh Life Mindset Cheat Sheet

DO THIS NOW: Download/print off and fill in **Your Fresh Life Mindset Cheat Sheet**.

*Please Note: Because you haven't clarified **Your Fresh Life Vision** in detail just yet, use your #1 Health and Wellness Goal that you wrote in **Activity 3 - Practice having a Growth Mindset** and use this Goal as the focus for filling out your Cheat Sheet for this practise run. You will be doing this again later, once you have clarity surrounding your Fresh Life Vision.*

Whenever you need to, use **Your Fresh Life Mindset Cheat Sheet** to get your thoughts back on positive track - whether it be your Fresh Life goals, or any other life goals you have for that matter! I have one printed and up on my wall of my office.

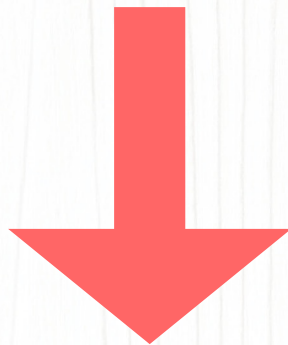




“WATCH YOUR THOUGHTS; THEY BECOME WORDS.
WATCH YOUR WORDS; THEY BECOME ACTIONS.
WATCH YOUR ACTIONS; THEY BECOME HABITS.
WATCH YOUR HABITS; THEY BECOME CHARACTER.
WATCH YOUR CHARACTER; IT BECOMES YOUR DESTINY.”

- Lao Tzu

AWESOME ADDITIONAL
STUFF BELOW...





ADDITIONAL TOOLS TO HELP YOU CREATE AND DEVELOP A STRONG AND POSITIVE FRESH LIFE MINDSET

Practice Gratitude - Nurture an Attitude of Gratitude

Being able to recognise all the wonderful things we already have in our lives, helps us through the tough times, and brings our focus back to something positive that already exists in our lives. Gratitude can help us to feel more fulfilled, and helps us to appreciate what we do have, and reminds us of all the things we do have in our present moment.

This practice is a vital one, and helps restore feel-good emotions, draws attention away from our problems and helps fill our mind with love.

Try it now... (Activity 5)

TAKE ACTION NOW!

Activity 5 - Nurture Your Attitude of Gratitude

DO THIS NOW: Write down 3 things you are super grateful for, right now! Make sure you give each one some detail. Write down why you are grateful for it. What does it do for you? How do you feel about it? How does it help you? What does it bring into your life?

1. Today, I'm grateful for...





2. Today, I'm grateful for...

3. Today, I'm grateful for...

I have included a (digital) **Fresh Life Gratitude Journal**, you can print pages from it and fill it out and keep a record of them or you can just download it and type right in it. Keep it in your Fresh Life folder on you computer (or in a Dropbox folder for easy access!)

It's great reading on those tough days, or when life gets a little overwhelming. It helps to remind you of all the amazing things you already have in your life!

“GRATITUDE IS A POWERFUL PROCESS FOR SHIFTING YOUR ENERGY AND BRINGING MORE OF WHAT YOU WANT INTO YOUR LIFE. BE GRATEFUL FOR WHAT YOU ALREADY HAVE AND YOU WILL ATTRACT MORE GOOD THINGS.”

- The Secret





REMEMBER TO LOVE YOURSELF

If you don't love yourself and give to yourself, and look after yourself will have little to give others in your life, especially those you care the most about.

Remember what I said about now being the time to respect and love ourselves and our bodies.

No more beating ourselves up, no more guilt trips. This Program is going to help you take consistent small actions that are going to help you nurture yourself, and your family.

Wellness starts with us loving ourselves, this is why you are here. You love yourself enough to take action. And that's amazing because that takes courage! You know what you want and you know you deserve the kind of Fresh Life you have always dreamed of. Now is your time to create it!

"LOVE YOURSELF FIRST, AND EVERYTHING ELSE FALLS INTO LINE. YOU REALLY HAVE TO LOVE YOURSELF TO GET ANYTHING DONE IN THIS WORLD."

- Lucille Ball





Practise Loving Your Self Now! (Activity 6)

TAKE ACTION NOW!

Activity 6 - Practise Loving Your Self!

To help you make sure you love and appreciate yourself often, every time you express your Fresh Life Gratitude, I want you to dedicate at least 1 of your “Today, I’m grateful for...” to yourself!

Think of all the great things about yourself, and all the wonderful things you do for others, and think about what is great, and well and already balanced in your body and your Self and write down how grateful you are for it!

DO THIS NOW: Practise loving yourself right now...

Today, I’m grateful for (I love myself for)...

“IT’S NOT SELFISH TO LOVE YOURSELF,
TAKE CARE OF YOURSELF, AND TO MAKE YOUR
HAPPINESS A PRIORITY. IT’S NECESSARY.”

- Mandy Hale





SURROUND YOUR LOVELY SELF WITH VISUALLY BEAUTIFUL, POSITIVE THINGS!

Visually beautiful things that we can use to insert our **Fresh Life Vision** and **Fresh Life Mindset** physically into our lives, helps serve as instant reminders to keep us focused on our dream outcomes.

Here are some suggestions for you... (Activity 7)

TAKE ACTION NOW!

Activity 7 - Surround your Lovely Self with visually beautiful, positive things!

DO THIS NOW: Use your **Fresh Life Inspiration Desktops**, which are designed, to help you stay inspired and also help to maintain your **Fresh Life Mindset**. Pop one up right now - you already have access to these on your Welcome Home page!

DO THIS - if you like...

You will soon be creating your very own **Fresh Life Vision Board** (on Pinterest!) which will be an amazing quick visual reference to help you to stay focused on your **Fresh Life Vision** (once this Module helps you figure that out...) *But in the meantime*, if you haven't created one of these already, why not grab some magazines, brochures, and other print material (what a great way to recycle!), and get your loved ones involved to help you cut things out for a physical version of your **Fresh Life Vision Board** which you can put up in your home office, or have in a space that's yours in your home, or even right next to your bed so it's the first thing you see in the morning!

Seeing as we are **Fresh Life Friends** now, I'll show you mine! (It lives in my home office, right where I can see it every day).





This makes for a great craft project with friends, kids, loved ones... get everyone to make one of their own too!

“SURROUND YOURSELF WITH PEOPLE WHO HAVE DREAMS, DESIRE AND AMBITION; THEY’LL HELP YOU PUSH FOR, AND REALISE YOUR OWN.”

- Unknown





AND... be sure to also surround your Lovely Self with beautiful, positive, supportive people!

Of course you have our amazing **Fresh Life Community** that you are already a part of to help you stay inspired, and positive and to share in your Journey with you.

“SURROUND YOURSELF WITH THE DREAMERS AND THE DOERS, THE BELIEVERS AND THE THINKERS, BUT MOST OF ALL SURROUND YOURSELF WITH THOSE WHO SEE GREATNESS WITHIN YOU, EVEN WHEN YOU DON'T SEE IT YOURSELF.”

- Edmund Lee

Lastly... Check your Fresh Life Mindset often!

Getting into the habit of being aware of how we think is a really great practice. This is the last tool I have for you to use.

These few questions help you assess your Mindset as you grow, learn and do activities throughout the Program. You can use it as often as you like. It is a great Mindset enhancing exercise!

I feel pretty confident that after everything you have read, and after all the activities you have already participated in, that you are already thinking in a more positive way, and I am so excited for you, because these are the thoughts that are going to help empower you to live your dream **Fresh Life**, forever!





Check Your Fresh Life Mindset Now! (Activity 8)

TAKE ACTION NOW!

Activity 8 - Check your Fresh Life Mindset

DO THIS NOW: Download your **Activity 8 - Check your Fresh Life Mindset** questionnaire (it's just a few questions), and fill in your answers. Note: Refer to the answers you originally gave in **Activity 1 - Identify your Concerns and Fears**.

DO THIS AFTER: Now take your **Activity 1 - Identify your Concerns and Fears** questionnaire, and compare how you felt when you gave those answers compared with the ones you just gave in your Check Your Fresh Life Mindset worksheet. Pretty awesome right? You should **ALREADY** see a noticeable difference in how you think and what you believe to be true and possible. How cool is that! And we have only just **BEGUN** the Program!!!

Do this activity as often as you like. It is a great **Fresh Life Mindset** enhancing exercise! We will be doing this activity together, a few more times throughout your **Fresh Life Internal Makeover Journey**.

"REALITY IS BUILT OUT OF THOUGHT, AND OUR EVERY THOUGHT BEGINS TO CREATE REALITY."

- Edgar Cayce





LAST NOTE FROM ME...

Great work!! You are doing so well!!

You are developing the skills you need, and practicing the processes required for your own success!

Continue to use the tools you have been given, take action and do all the activities. Make sure you complete them all. Everything is designed a certain way, to help you to stay focused on believing in yourself, and to help you become empowered, so that you know and have experience using more tools to help you move forward, no matter what.

Use that awesome energy you now have after going through this Module, keep it Fresh in your mind, keep coming back to it as you go through your Fresh Life Internal Makeover Journey, so that you can create every positive outcome you want for yourself (and your family).

See you in the next workbook!

BIG HUGS TO YOU GORGEOUS!
XX SAM

“TO CHANGE YOUR LIFE AND HOW YOU EXPERIENCE THE WORLD, YOU MUST FIRST CHANGE YOUR MINDSET.”

- Samantha Wyatt

