



THE FRESH LIFE
INTERNAL MAKEOVER
journey



YOUR FRESH LIFE
MINDSET CHEAT SHEET





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5 STEPS FOR A FRESH LIFE MINDSET

1. Stay focused on, and keep bringing your thoughts back to Your Fresh Life Vision.

My Fresh Life Vision (looks and feels like):

2. See problems and mistakes as *TEMPORARY* set backs...

I haven't _____ **... YET!**

3. Challenge yourself, and then praise yourself for your efforts, no matter the outcome. Celebrate the process & praise yourself for taking action (so you can welcome every new challenge that comes your way, and enjoy the process).

I haven't _____ **... YET!**

YAY for me for _____

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

I haven't _____ **... YET!**

YAY for me for _____





I'm not gonna blame anyone (not even myself), but I AM going to take responsibility for my thoughts and actions and I am going to try again by doing

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

I haven't _____ ... YET!

YAY for me for _____

I'm not gonna blame anyone (not even myself), but I AM going to take responsibility for my thoughts and actions and I am going to try again by doing

I just KNOW I am going to

WOOHOO!!

Now read that back to yourself, feel how good it feels, and give yourself a HIGH FIVE!! Even better, share your beautiful Fresh, positive thoughts with us in our Fresh Life Community! Get over here... we want to celebrate WITH you!!

