



THE FRESH LIFE
INTERNAL MAKEOVER
journey



CHECK YOUR
FRESH LIFE MINDSET





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*With your renewed, inspired and positive attitude,
let's check you Mindset.*

**"IF YOU WANT TO ACHIEVE A GOAL,
MEASURE YOUR PROGRESS."**

- Gretchen Rubin

Whether you are answering this after going through the **Ready Your Mindset** section, or anytime during your **Prepare and Love Your Self Module** this is a great way to see where your thoughts are at?

This questionnaire is a great tool for you to use to keep your Fresh Life Mindset in check, and assess whether you are improving, and creating, a can-do attitude, throughout the Program. You can come back to it as often as you like!

Refer to **Activity 1 - Identify your biggest Concerns and Fears** and compare how positively far your thoughts have come!

"IF YOU CAN'T MEASURE IT, YOU CAN'T IMPROVE IT."

- William Thomson, Lord Kelvin





PHYSICAL HEALTH AND WELLBEING CONCERNS, FRUSTRATIONS AND FEARS ...REASSESSED... USING YOUR FRESH LIFE MINDSET.

Refer to your answers you gave in **Activity 1 - Identify your biggest Concerns and Fears.**

1. How has your thinking changed about your health and wellbeing in general? What's changed about how you feel about your health and what you feel you can achieve with your health and wellbeing?

2. Rewrite the top 3 reasons you're interested in learning more about living a healthier lifestyle based on the answers you gave in Activity 1:

1.

2.

3.

DO THIS NOW:

- * Next to each of your reasons, **REASSESS** how concerned you feel on a scale of 1 to 10 - 10 being the highest, meaning you are extremely concerned, 5 being neutral about it, and towards 1, causing less concern...
- * Write a few words that describe why you feel this way





3. Rewrite what your biggest concerns and fears are when it comes to your health and wellbeing based on the answers you gave in Activity 1:

1. _____

2. _____

3. _____

More _____

DO THIS NOW:

- * Next to each of your concerns and fears, **REASSESS** how concerned/fearful you feel on a scale of 1 to 10 - 10 being the highest, meaning you are extremely concerned/fearful, 5 being neutral about it, and towards 1, causing less concern/fear...
- * Write a few words that describe why you feel this way.





4. Rewrite what your biggest concerns and fears are when it comes to your loved one's health and wellbeing based on the answers you gave in Activity 1:

1. _____

2. _____

3. _____

More _____

DO THIS NOW:

- * Next to each of your concerns and fears, **REASSESS** how concerned/fearful you feel on a scale of 1 to 10 - 10 being the highest, meaning you are extremely concerned/fearful, 5 being neutral about it, and towards 1, causing less concern/fear...
- * Write a few words that describe why you feel this way.





5. Rewrite what your 3 biggest fears or frustrations are when it comes to trying to live a healthier lifestyle based on the answers you gave in Activity 1:

1. _____

2. _____

3. _____

More _____

DO THIS NOW:

- * Next to each of your fears or frustrations, **REASSESS** how much fear/frustration you feel on a scale of 1 to 10 - 10 being the highest, meaning you are extremely fearful/frustrated, 5 being neutral about it, and towards 1, causing less fear/frustration...
- * Write a few words that describe why you feel this way.





6. Rewrite what your 3 biggest fears or frustrations are when it comes to trying to eat healthier foods based on the answers you gave in Activity 1:

1. _____

2. _____

3. _____

More _____

DO THIS NOW:

- * Next to each of your fears or frustrations, **REASSESS** how much fear/frustration you feel on a scale of 1 to 10 - 10 being the highest, meaning you are extremely fearful/frustrated, 5 being neutral about it, and towards 1, causing less fear/frustration...
- * Write a few words that describe why you feel this way.





7. Rewrite what concerns or frustrates you most about *yourself* when trying to pursue a healthier lifestyle to improve overall health and wellbeing based on the answers you gave in Activity 1:

1. _____

2. _____

3. _____

More _____

DO THIS NOW:

- * Next to each of these concerns or frustrations, **REASSESS** how much concern/frustration you feel on a scale of 1 to 10 - 10 being the highest, meaning you are extremely concerned/frustrated, 5 being neutral about it, and towards 1, causing less concern/frustration...
- * Write a few words that describe why you feel this way.





8. Rewrite what concerns or frustrates you most about your family and loved ones when you are trying to pursue a healthier lifestyle to improve overall health and wellbeing for yourself AND for them based on the answers you gave in Activity 1:

1. _____

2. _____

3. _____

More _____

DO THIS NOW:

- * Next to each of these concerns or frustrations, **REASSESS** how much concern/frustration you feel on a scale of 1 to 10 - 10 being the highest, meaning you are extremely concerned/frustrated, 5 being neutral about it, and towards 1, causing less concern/frustration...
- * Write a few words that describe why you feel this way.





9. Rewrite what the top 3 fears or frustrations are that you experience when you try to lose unhealthy excess weight based on the answers you gave in Activity 1:

1. _____

2. _____

3. _____

More _____

DO THIS NOW:

- * Next to each of your fears or frustrations, **REASSESS** how much fear/frustration you feel on a scale of 1 to 10 - 10 being the highest, meaning you are extremely fearful/frustrated, 5 being neutral about it, and towards 1, causing less fear/frustration...
- * Write a few words that describe why you feel this way.





10. Rewrite what you feel are the top 3 biggest challenges you face overall in creating your ultimate Fresh Life (your healthiest lifestyle) based on the answers you gave in Activity 1:

1. _____

2. _____

3. _____

More _____

DO THIS NOW:

- * Next to each of these things, **REASSESS** how challenged you feel on a scale of 1 to 10 - 10 being the highest, meaning you feel extremely challenged, 5 being neutral about it, and towards 1, causing you to feel less challenged...
- * Write a few words that describe why you feel this way.





One last question....

How confident are you that you will be able to achieve your Fresh Life Vision, and why? What are your thoughts and beliefs about what you will achieve?

“THE ONLY TIME YOU SHOULD EVER LOOK BACK, IS TO SEE HOW FAR YOU HAVE COME”

- Anonymous

