

3 Mindset Secrets to Reach Your 90 Day Goals

Wellness Wednesday Workshop
with Vicki Wiepking

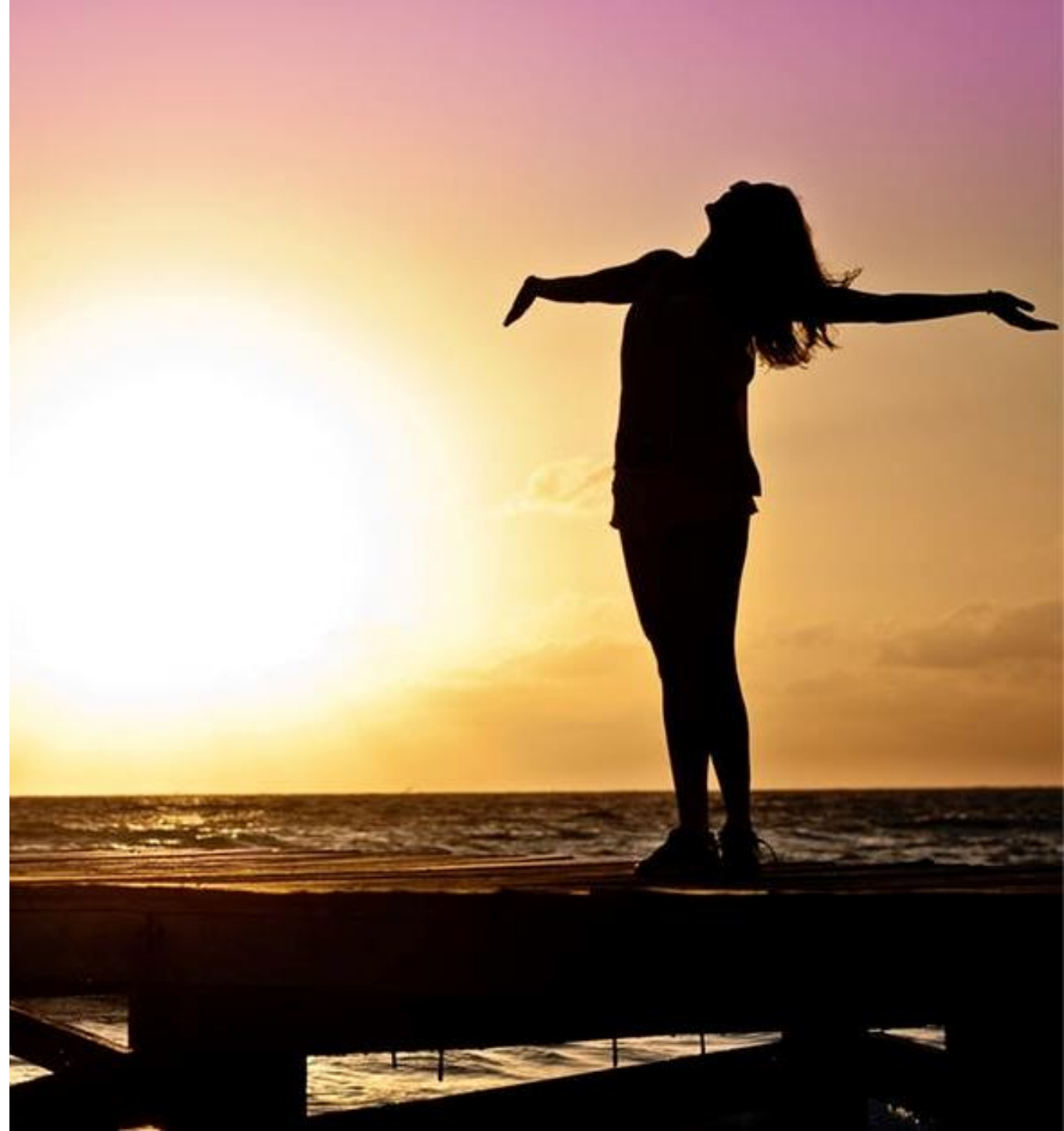


Be. Here. Now.

~~Phones~~
~~Email~~
~~Distractions~~

When setting goals, it is important to adopt a “Beginner’s Mind”.

This is where you challenge yourself to question everything you think you know, and to be open to new concepts and behaviors.



In order to really be objective enough to challenge the thoughts that hold you back, you need to get still and listen to that inner voice.

Notice how you are addicted to your thoughts, the way you judge your world and justify your actions. Discover how your negative thoughts make you turn to sweets, couch time, smoking – pretty much anything that can distract you from staying on track.





3 MINDSET SECRETS TO REACH YOUR 90 DAY GOALS

REMOVE BLOCKS

- MENTAL
- EMOTIONAL
- PHYSICAL
- TIME



3 MINDSET SECRETS TO REACH YOUR 90 DAY GOALS

BUILD CONFIDENCE

- MANTRAS
- STANCE
- BREATHING EX
- CHAKRA EX
- LIST ACCOMPLISHMENTS



3 MINDSET SECRETS TO REACH YOUR 90 DAY GOALS

CREATE INSPIRATION

- VISION BOARD
- MENTORS
- PEOPLE YOU LOOK UP TO
- SET A REWARD
- QUOTES
- TELL A FRIEND

What would you like to improve most about your health and fitness?

What are you willing to change in order to achieve this?

What skills or tools do you need to acquire?

How are you going to track your progress?





Thank You!

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