

How to stop making excuses!

- 1. Get Focused
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 - 2. Avoid Snowflake Syndrome
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 - 3. Face the Fear
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 - 4. Get Comfortable Being Uncomfortable
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- The new better version of YOU!**

Step 1 – Get Focused

Who already has the lifestyle/body/fitness level that you want?

What did they do to get their results?

Why do you want to look/feel/be like this person?

How will you get even better results?

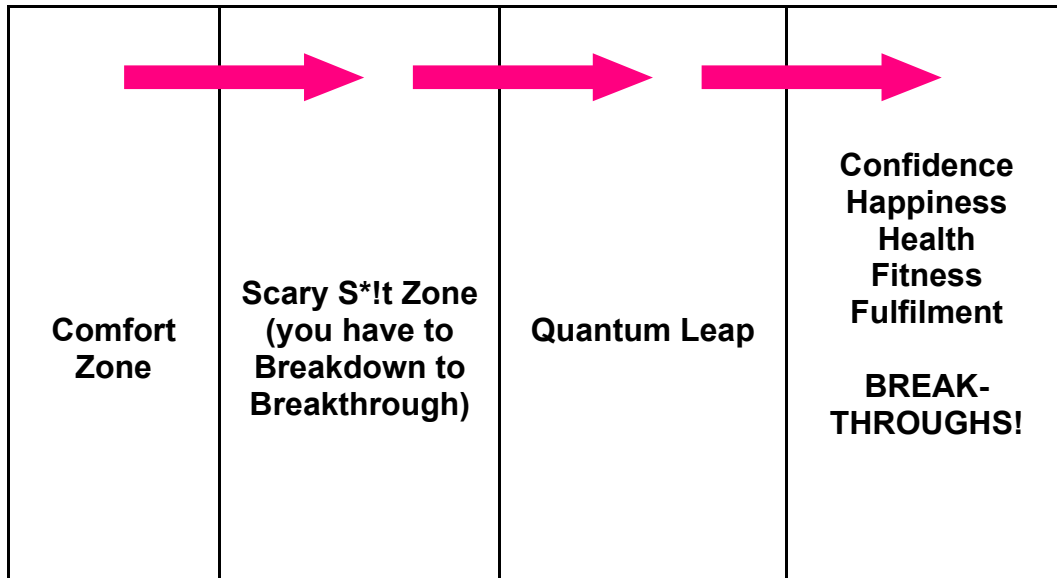
Step 2 – Avoid Snowflake Syndrome

Excuse/reason	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Step 3 – Face the Fear

Fear	Worst Case Scenario

Step 4 – Get Comfortable Being Uncomfortable



I commit to _____

 _____ before the next workshop.