

Module 1



Some things to think about...

- What we feed our brains is just as important as what we feed our bodies.
- Our minds agree with whatever we're saying to ourselves and in turn provides evidence.
- Our mindsets have an impact on what we do based on what we believe.
- Mindset is a filter that can change perception and how we view ourselves and the world around us.

My key take-away from this module is...

As it relates to my confident mindset and my goal I'm going to...

Module 1 Continued



Resources I have available to me...

#Unstoppable Mindset Check-In

On a scale of 1-10, as it relates to your goal/intention, how would you rate your confident mindset? 1 = stalled out and 10 = unstoppable.

1 2 3 4 5 6 7 8 9 10