

Mindset Mastery

STOP. OPPOSITE. SHIFT.

I FOCUS my thoughts on: My Ideal Client

I am in the process of creating and allowing all that I need to do, know and have to create

I love the thought and idea of attracting 40 reliable clients a week.

I get excited when I think of my ideal clients being motivated, upbeat, cheerful and respectful of me and my time.

I love how it feels when my clients turn up on time, stick to plan, buy for their step and pay on time. I love the thought of supporting my ideal clients to achieve their goal weight.

I love knowing I have the freedom to work flexible hours out of my lovely weight plan center.

I focus my thinking, manage my mindset and trust all is happening to bring me my desire . . .

Instructions: Read the beginning, middle and end every day to focus your thoughts on what you want, get excited and into the feeling place