

THE MINDSET AUDIT

The Mindset Audit was created to simply and easily do two things:

1. Focus your mind
2. Refresh your environment

This list is not super in depth, but these simple acts can help you fall more in love with yourself, fall in love with working to become fit, strong and healthy and cleanse your environment to help make these first two things all the more possible.

THIS IS HOW IT WORKS:

Go through your day today as per normal and tick off each of these things as you go. Aim to tick off each of these points by the end of your trial.

1. Set an intention for yourself today. What is one thing you want to do today that will take you a step closer to how you want to look and feel? Hit UVSL for a workout? Skip sugar in your coffee? Walk to work?
2. When the end of the day comes, what one 'feeling' you want to feel? Accomplished? Proud? Encouraged? Write down 3 small things you can do that will help you make that happen.
3. Create an affirmation for yourself? What is a character trait you consider a weakness you'd love to be better at? More confident? More trust worthy? Turn that into a sentence in the current tense and write it here (eg: "I am confident"). _____
4. What is your favourite healthy food? Look up the health benefits of this to develop a stronger connection between eating, nourishment, goal setting and consistency. Write the food here _____
And the benefits here _____
5. Scroll your socials, audit who you follow. Do they provide you with value? Do they make you feel good about yourself? Unfollow as needed.
6. Write down how you're feeling after your first UVSL workout to develop appreciation for your body, confidence and consistency, while developing self love _____

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