
MASTER YOUR MINDSET TOOLKIT

- Your Ego is going to try and convince you to play it safe, challenge it.
 - When in doubt, choose LOVE over FEAR
 - Schedule time each week for YOU
- Stop making excuses, you are the only one that can change your life
 - Surround yourself with people who lift you up and support you
- BOUNDARIES, BOUNDARIES, BOUNDARIES. Set them, stick to them and leave the guilt at the door. YOU NEED THEM
 - You don't need to put up with other peoples bad behaviour
- Move your body, listen to your body and fuel your body. Total body healthy is KEY
 - Remember your values and live by them
- Laugh often, have fun, don't take things too seriously and make time to do the things that make you happy
- When self-doubt creeps in, when you question yourself, remember that it happens to us all and we have to remember our empowering beliefs. If you need some help, YOU ARE A MF ROCKSTAR, KEEP THAT CHIN UP
- Remember that you are awesome and you can achieve ANYTHING
 - If you need help, reach out, you are not alone
 - Repeat after me, I AM ENOUGH

