

The Model

You're going to learn The Model and it has the power to radically change your life. This is the exact tool our members use to lose weight and live the life of their dreams. Fill in an Unintentional model and an Intentional model below!

Unintentional Model

C _____

T _____

F _____

A _____

R _____

Intentional Model

C _____

T _____

F _____

A _____

R _____

5 Lies

Write down five lies your brain is telling you that are holding you back from losing the weight you want to lose:

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____

NOTES:

You Got This!

5 New Thoughts

Write down five new thoughts you can practice that will drive you to do the actions necessary to lose the weight you want to lose:

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____

NOTES:

Change Can Happen in an Instant!