

Body

Mind

Soul

Changing your mindset doesn't happen overnight. Use this chart to track your progress for the next 14 days.

For the full 14 Day Mindset Reset you will be trying to black out the entire grid.

If you have chosen to work on only one or two parts of the mindset trifecta you will be trying to black out just that particular part of the grid.

Rate how you felt your day went on average and then use the notes section to include words of encouragement for yourself or any tips. Make sure to keep it positive!



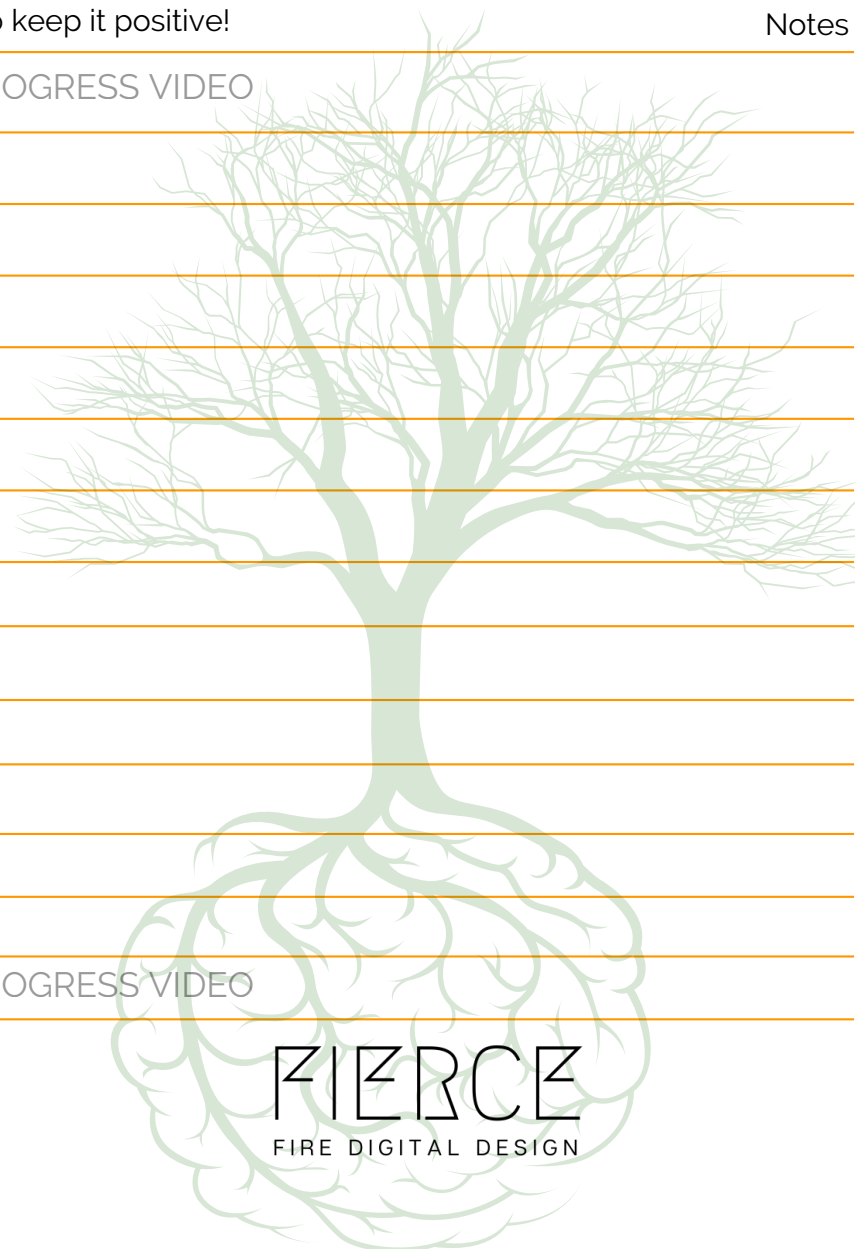
Notes

PROGRESS VIDEO

PROGRESS VIDEO

14.  
13.  
12.  
11.  
10.  
9.  
8.  
7.  
6.  
5.  
4.  
3.  
2.  
Day 1.

- Water
- Diet
- Gratitude
- Workout #1
- Meditation
- Workout #2
- No Alcohol
- No Cheat Meals
- No Refined Sugar
- Water
- Diet
- Gratitude
- Workout #1
- Reading
- Meditation
- 15 Min Nature
- No Alcohol
- Water
- Gratitude
- Workout #1
- Reading
- Meditation
- 15 Min Nature
- No Alcohol
- POSITIVE
- AVERAGE
- NEGATIVE



PIERCE  
FIRE DIGITAL DESIGN