Body

Mind

Soul

Changing your mindset doesn't happen overnight. Use this chart to track your progress for the next 30 days

For the full 1a full Mindset OVERHAUL 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!

14 DAY Mindset RESET

	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	
30.																												PROGRESS VIDEO
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3.																												
2.																												
Day 1.																												PROGRESS VIDEO

Notes

FIERCE

FIRE DIGITAL DESIGN