

# WELCOME

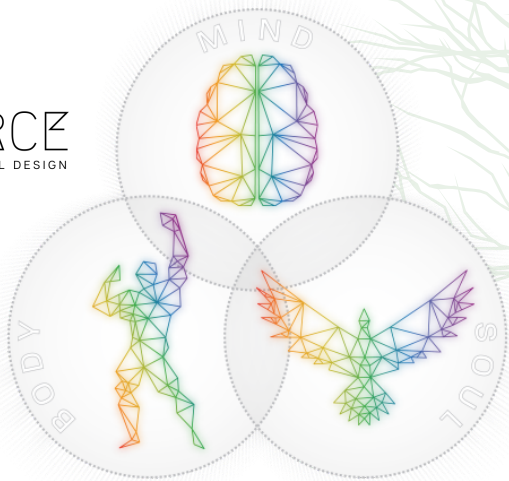


If you are reading this you have decided to make some positive changes to your mindset. You should be so proud of your choice! Having a positive mindset will lead to better communication, better connections, and a better LIFE!

Your mindset is the established set of attitudes you hold. Whether that be positive or negative. How you talk with others and think about yourself will have a large effect on the outcome of your connections and communications.

Taking care of your mindset means taking care of the **MINDSET TRIFECTA: Body, mind, and soul**

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The 14 Day Mindset Reset will address all areas of the Trifecta at once. It can be extremely challenging but you will see incredible results by the end of the 14 days and I know you got this!

Working on one or two parts is great as well. You will also notice generous changes in the area(s) of your choice.

## HOW IT WORKS:

1. Choose whether you are taking on the full 14 Day Mindset Reset (**Group A**), working on one part of the Mindset Trifecta (**Group B**), or just trying to make some small changes that will lead to big results long term (**Group C**)
2. Print the Mindset Reset Tracker, checklist, and your required group documents **OR** you can order reusable versions at [www.kendrafierce.com](http://www.kendrafierce.com)
3. If you are taking on the full challenge or BODY/MIND you will be creating a weekly diet plan - you will want to get on that sooner or later.
4. Join the Mindset Reset Facebook group - here you will find fitness information, diet recommendations and a ton of support!
5. Complete the checklist for your group
6. Choose a start date
7. Take a progress video on your start date for your records. In this video, you want to explain why you are taking on the challenge, how you are feeling currently, and how you are hoping to feel by the end.

**When you finish you will want to make another video explaining how the challenge went and how you are feeling upon completion.**

If you want to continue the challenge we highly recommend tracking your progress for the next 30 days. We have provided a 30-day tracker to help you along the way!

# CHECKLIST



## GROUP A - taking on the full 14 Day Mindset Challenge!

You are ready to make some **MASSIVE** changes and in turn gain some insane results. This will require you to take on the 14-day challenge to the fullest extent. Below is a list of things you will want to get in order before you get started:

- a gratitude journal & pen/pencil
- find a water bottle that YOU LOVE! and don't mind carrying around
- create a weekly diet plan
- find a non-fiction book or two to read for the next 2 weeks
- create a calm meditation space

## GROUP B - choosing Mind, Body, or Soul

You have been working on making positive changes and now it's time to really amp up your results. You may not be ready or able to take on the full challenge but choosing one area to work on will really allow you to focus on an area you are really struggling with. To get started you will need:

- a gratitude journal & pen/pencil
- find a water bottle that YOU LOVE! and don't mind carrying around
- find a non-fiction book or two to read for the next 2 weeks
- create a calm, meditation space
- if choosing BODY or MIND - create a weekly diet plan
- if choosing BODY - find 1-3 workouts you really enjoy that are 45 minutes long. One should be a light cardio workout and/or a walk/light jog. One should require more muscle work such as lifting weights, yoga, or pilates.
- if choosing MIND - find 1-3 workouts that you really enjoy that are 45 minutes long. Yoga is highly recommended

## GROUP C - working on Soul <3

Making small changes daily can lead to GIANT results long term. The list below has been chosen to specifically help you reconnect with your beautiful soul:

- a gratitude journal & pen/pencil
- find a water bottle that YOU LOVE! and don't mind carrying around
- find 2 or 3 activities you can use for self-care. This could be a hobby or a new project you want to start. Drawing, painting, walking your dog, anything that makes you feel positive emotions