

A woman in athletic wear is shown from the waist down, lifting a dumbbell with her right arm. The background is a dark, textured wall. Overlaid on the image is promotional text in blue and pink.

**BONUS  
PODCAST  
Body  
Image  
Action  
Sheet**

**FREE  
Hot Rockin  
Body & Life  
5 DAY  
Challenge!**

# ACTION STEPS!

## ASSIGNMENT:

a. When I'm in the ultimate shape of my life, being me, loving me... I am

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The answer could be I am living my true purpose. Or whatever comes to your mind. It might be a few things. Just write it down in the space below...

# ACTION STEPS!

## ASSIGNMENT:

- b. What positive beliefs and values do I need to have to make this happen?
- So that could be “I believe I get awesome results when I...
  - “I value myself and my ability to...

It might be something different, type whatever comes to mind – but it must be positive. Write it down below...

# ACTION STEPS!

## ASSIGNMENT:

c. What action, what boundaries, what kind of environment, who I hang around with (even who I no longer hang with that I'm moving on from)" what do I need to do to experience the ultimate version of my body and me? Write down as many as you can. I've left space on the next page for you for this as well. 😊

# ACTION STEPS!

## ASSIGNMENT:

# ACTION STEPS!

**NOTES:**

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