

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. The text is overlaid on the image.

DAY 3
Action
Sheet

FREE
Hot Rockin
Body & Life
5 DAY
Challenge!

ACTION STEPS!

Write down:

- How do your goals make you feel? What place are they coming from?
- What changes do you need to make to your goals that you've maybe not implemented in the past. That you know you should be doing this time round.
- Picture yourself once you've reached those goals and get specific on what you want to achieve from your goals. Write them confidently and don't back down.
- Connect and reach out to people who...
 - a. Share similar goals as you
 - b. Inspire and support you
 - c. Have succeeded at doing what you want to do
- Create your own grateful affirmations
- And shout your goals out to the world, let people know what you want to achieve.

ACTION STEPS!

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