

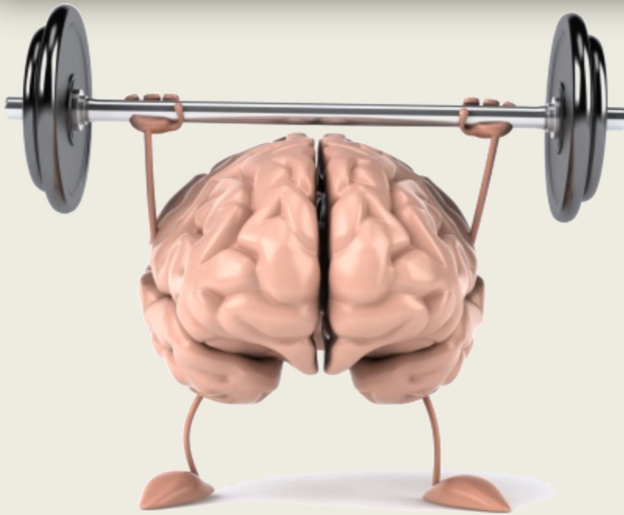
Step This Way

Week 7

Focus on Mental Toughness

Understand that consistency is essential; nothing is achieved without it.

We're always looking for the magic answer, the magic food, activity, or pill. Stop and recognize that in order to "Step into the NEW YOU", you first have to work on your mental toughness. This is especially important if you are having a hard time staying the course.



How can you create more consistency in your plan?

YOUR BODY CAN STAND ALMOST ANYTHING.

IT'S YOUR MIND THAT YOU HAVE TO CONVINCE