

# Top 5 disempowering mindsets that keep women stuck



PREP YOUR BRAIN TO LOSE THIS WEIGHT UNLIKE EVER BEFORE!

**1. Which of the 5 mindsets come up for me when I'm losing weight?**

(List each below)

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**2. What am I willing to do DIFFERENT this time if I start thinking in any of these 5 mindsets?**

(You can either answer the question generally, or answer *specifically* for EACH mindset)

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**3. Instead of these being my top 5 disempowering mindsets, WHAT TOP 5 EMPOWERING MINDSETS WILL I HAVE as I'm losing this weight?**

(\*by making these decisions ahead of time, you are priming your brain for success!)

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