

My behaviours are moving me toward my vision

I am looking after my body and my mind

Persevering

My emotions are helping create the best version of me

I am kind to myself

My thoughts and feelings align with my goals

Resourceful

Resilient

Empathetic

Brave

Optimistic

Honest

Caring

Inner Hero
Positive Mindset Attributes

I am mindful of my thoughts and know I can change them

I can reset my mindset about nutrition, movement, recovery and mindfulness

Responsible

My little voice is filled with negative self-talk

Lack of empathy toward myself or others

My behaviours are holding me back from achieving my goals

I am experiencing self-doubt

Self-criticism

I am doubting myself

Negative self-talk

Comparing oneself to others

Perfectionism

I feel overwhelmed

My thoughts and feelings aren't aligning with my goals

Laziness

Greed

Inner Villain
Negative Mindset Attributes

Dishonesty

My emotions are not helping me be my best self

I am not making healthy choices for my body and my mind

Procrastination

