

The Goal – To Build Muscle, Strength, and Total Athleticism – Starts With Mindset

STOP!!!! BEFORE YOU GO ANY FURTHER – YOU MUST DECLARE YOUR GOALS AND COMMIT YOURSELF TO SUCCESS!!!! PRINT THIS PAGE OUT FOR YOUR RECORDS. MAKE COPIES AND PLEASE FORWARD ME A COPY AS WELL

Date: _____

I, _____

- I will **NOT DOUBT** myself.
- I will live with **NO EXCUSES**.
- I will keep a **POSITIVE MINDSET**.
- I will take full **RESPONCIBITY** for my success and progress.
- I will **RE-WRITE** my top 3 overall goals **EVERYDAY** and **EVERY NIGHT** to ensure **110% FOCUS**
- I will be prepared for **ALL OUT WAR** everytime I train.
- I will stay **110% COMMITTED** and **DETERMINED** to fulfill my goals
- I will not let **ANYTHING** stand in my way!
- I will **SUCCEED!**

State Your TOP 3 Goals. Be very Specific, have Details, and Deadlines!

1)

2)

3)

Signature _____

Supporter _____