 **Soar Above The Rest**

**Change Your Mindset, And Become The Person You Were Meant To Be**

* The body is not the only thing we train, WE WILL train you to be mentally strong
* Results come from hearing what you want… Over and Over and Over Again
* **READ THIS! ITS IMPORTANT!** - No matter how you feel, you **MUST** Think about obtaining your goal, Speak about obtaining your goal, and Act on obtaining your goal **DAILY**

**The 3 “I AM” Statements** (This Is **WHO** you are)

Write 3 things that are GREAT about you! Be **Specific** and as **Vivid** as possible.

I AM\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I AM\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I AM\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The 3 “I WILL” Statements** (This is the goal **YOU WILL** obtain)

Write your 3 Goals, Dreams, and Visions for your life. Be **Specific** and as **Vivid** as possible. Include a Timeline.

I WILL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I WILL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I WILL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The “WHY”** (What is the reason you want to reach this goal). Be Specific, this is **YOUR MOTIVATION** and drive to **BECOME THE PERSON YOU ARE MEANT TO BE!**

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**Promise To Yourself**, make yourself a promise that you **WILL** do everything in your power to reach your goals and become what you have always envisioned for your life.

Make Your Promise Official, Sign Here: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_