



The Super Naturally Healthy

BOOTCAMP

Workbook!

Welcome to the Bootcamp. Simply print this off before the workshop together we will fill it in as we go along!

Your Beautiful Name:

Age:

The age you actually feel:

Favourite thing about yourself:

Favourite body part:

Why did you sign up for this Bootcamp?

Why do you want to get healthier?



Mindset Shift Exercise

1. Right out one negative food habit you currently have (*for example eating too much Haribo sweeties from the kids or lazing in front of telly instead of going for a walk*)
2. Right out why you do that. (*this could be time or low energy*)
3. Why? (*For example why are you low in energy, why are you pushed for time all the time? Dig deep and remember you're not a victim*)
4. What is the core belief driving that?
(*This may be that you secretly think other people are more important and our health is not important, you 'deserve' to watch tv which is why in bed so late or that you are a hopeless case and nothing is ever going to change....*)

Now you know what is at the root of it you can tackle it in the ways we discussed using **words, intention and getting support.**



Your Dream & Desire Action Plan for 2016

(Could also be called your hot body and life plan!)

Action/Circle Number ____

1. What do you want to feel more of in 2016?

2. What do you want to feel less of in 2016?

3. Write out every possible action you could take that is going to help you feel more of the answer in question 1 .

3.a Now circle 3 things above that resonate and feel best and number them 1-3.

4. Pick one of those things you circled and write out every obstacle that could get in the way.

4.a The write out what you would need to overcome these obstacles.

Now write out when and how you want to take that action you write down in question 4.

Date:



Repeat for the other 2 things using boxes below.

Action/Circle Number ____

1. What do you want to feel more of in 2016?

2. What do you want to feel less of in 2016?

3. Write out every possible action you could take that is going to help you feel more of the answer in question 1

3.a Now circle 3 things above that resonate and feel best .

4. Pick one of those things you circle and write out every obstacle that could get in the way.

4.a The write out what you would need to overcome these obstacles.

Now write out when and how you want to take that action you write down in question 4.

Date:



Action/Circle Number ____

1. What do you want to feel more of in 2016?

 2. What do you want to feel less of in 2016?

 3. Write out every possible action you could take that is going to help you feel more of the answer in question 1
 - 3.a Now circle 3 things above that resonate and feel best .

 4. Pick one of those things you circle and write out every obstacle that could get in the way.
 - 4.a The write out what you would need to overcome these obstacles.
- Now write out when and how you want to take that action you write down in question 4.

Date:



Great work!

Now you have started to learn what your core beliefs are that could be getting in the way (getting to the ROOT) and created a simple 3 part action plan based on your dreams and desires!

Now just implement the 3 simple action points we talk about and BOOM you will get results in no time!

Stay tuned for some awesome offers and tools to help you created your healthiest year yet!

Love

Kezia Hall

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