



MINDSET MONEY & MUSCLE

**3 Ways to get into the right mindset
for fitness and for business.**

THE “NO TIME” MYTH

Keeping a healthy lifestyle does not have to look the same way for everyone, and it doesn't mean carving out large chunks of time in order to go to the gym.

Find innovative ways to stay active throughout the day and try to make being active a norm in your everyday life. When you make health & fitness a priority, you'll **make time** for it.






EVERY STEP MATTERS

When it comes to any aspect of life,
something is always better than nothing.
KEEP MOVING FORWARD.

Always remember: Showing up is half the
battle won. As long as you stick to the
promises you make to yourself, you cannot
and will not go wrong.



SHORT TERM GOALS LONG TERM VISIONS

It's a good idea to have an end goal. But these can be overwhelming at times, especially when you're nowhere near to where you want to be.

Create short term goals for your long term vision. You'll have a sense of accomplishment while you are on your journey and the process will seem less daunting.





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