



**GETTING  
OVER THE  
HUMP**

**OUT**

**OR  
OF THE  
SLUMP**



Going back to our first call



# RECODE

- Motivation
- Mindset
- Elimination
- Reward System



# BE MORE

The most important piece to the habit change. To Be More you must expect more out of yourself. Who you were coming into this challenge was not the person you are aiming to BECOME you are here for CHANGE. First you must change who you identify as.



Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.

Dale Carnegie

# I·DEN·TI·TY

- the fact of being who or what a person or thing is.

When you started the challenge you were heavier, in need of help, and not active.

YOU ARE NOT THAT PERSON ANYMORE....

---

*Who are you?*

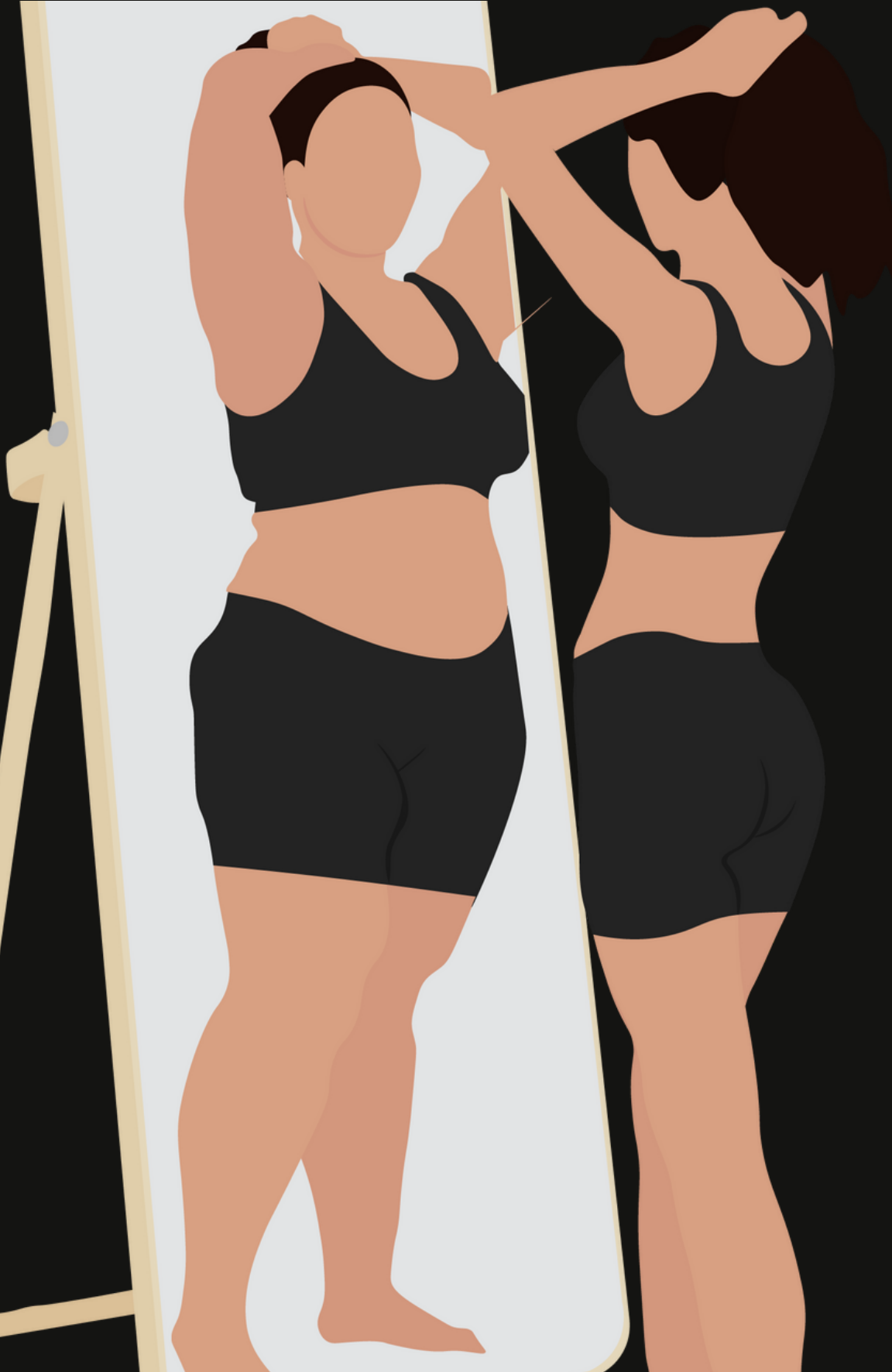


# WHO ARE YOU?

I want you to think about your why. Who is the person you saw at the end of the challenge?

That person you see is your identity...that is the new you...that is you **RIGHT NOW!**





# YOU ARE HALF WAY THROUGH AND KILLING IT!

Look how far you have come.  
LOOK AT THE NEW YOU!

- Tracking food**
- Moving everyday**
- Drinking your water**
- You are doing more!





---

Write down 3  
accomplishments.

Reflect on those  
accomplishments. How do  
they make you feel?

Where did you start? How did  
you feel?

---



# YOU ARE MORE!

Keep climbing!