



MASTER YOUR (**VEGAN**) MACROS CHALLENGE **BONUS**



KEY POINTS

Welcome to day 2! I'm sure that day one's task was a bit of an eye-opener, but I hope you can understand why low-calorie diets are not the answer!

Today, we're focussing on mindset, as this is the foundation to success for ANYTHING in life, which is why we're going to nail this early on.

Please do this task and commit to it fully! You will never truly get the results you're after unless you do :)



MASTER YOUR (**VEGAN**) MACROS CHALLENGE **BONUS**

TASK ONE

We all have limiting beliefs that hold us back from reaching our goals. Even if you don't think you do, there is a reason you're taking part in this challenge, so I challenge you to dig deep and try to get to the bottom of your own limiting beliefs.

What have you been told in the past?

That you're just not meant to look a certain way?

That you're 'big boned'?

Other people are 'naturally thin' and that's just not in my genes.

"I'm too old to get into shape, my hormones won't let me."



MASTER YOUR (**VEGAN**) MACROS CHALLENGE **BONUS**

TASK ONE

"Diets don't work"

"Every time I lose weight I just gain back more anyway. What's the point in trying?"

To lose weight you have to go to the gym, and you hate the gym or don't have access, so you'll never lose weight.

"It takes too much time or costs too much money to get in shape."

"Carbs make me fat."

"I'm broken"

Or to get to look a certain way means endless cardio and extreme calorie deficits? And what happens when you can't stick to this 'diet'? Do you tell yourself you're a failure? That it wasn't meant to be.



MASTER YOUR (**VEGAN**) MACROS CHALLENGE **BONUS**

ACTION POINTS

1.

Today's challenge is to dig deep and find out what your own limiting beliefs are. The truth is, as you saw from my video, the only thing that is holding you back from reaching your ideal body is yourself.

First of all, identify what diets or methods you've tried in the past that didn't work for you;



MASTER YOUR (**VEGAN**) MACROS CHALLENGE **BONUS**

ACTION POINTS

2.

Now, try to identify some of the possible limiting beliefs you've been telling yourself. What's been holding you back? What are the reasons you've started something and not seen it through?



MASTER YOUR (**VEGAN**) MACROS CHALLENGE **BONUS**

WHAT TO POST IN THE COMMENTS OF TODAY'S TASK



DON'T POST SCREENSHOTS OF THE
WORKSHEET - PLEASE REPLY DIRECTLY IN
THE COMMENTS ON TODAY'S TASK POST

1. What was the worst/hardest diet you tried to follow?

2. What do you think your main limiting belief is?