



YOUR MINDSET GUIDE

Clarity | Focus | Resilience

If you had a magic wand and when you waved it your fitness coaching business was instantly exactly the way you wanted it – how would it be?

How does this compare with how it currently is – what seems MOST different?

If you made it the way you want it, how would your life be better including its impact on others you deeply care for?

What 2 to 3 things MOST need changing or improving for it to be the way you want it?

What typically gets in the way when you make an effort to develop your business?

What else?

List the three biggest reasons why you struggle and at least 3 different ways you could counter each struggle.

When it comes to your clients, what do you think they most want to achieve (if they had the magic wand) and why?

How does this compare with how it currently is – what seems MOST different?

If you helped them to make it the way they wanted it, how would their life be better including its impact on others they deeply care for?

What 2 to 3 things MOST need changing or improving for it to be the way they want it?

What typically gets in the way when they make an effort to lose weight and get fit?

What else?

What do they MOST need from you as their coach to help them truly find solution and therefore resolution for good?