

FLEX YOUR MINDSET MUSCLES: THE 3 A'S OF MINDSET

#1 AGENCY / AUTONOMY

- You have the power to decide and choose the events of your life.
- Take charge of your choices and shape your own destiny.
- You are the author of your story, not the victim of your circumstances.

#2 ACCEPTANCE

- Let go of the things you cannot control and focus on the things you can control.
- Once you accept things as they are, you can focus on what you can change.
- Accept, let go, reframe and go again.
- Acceptance empowers change.

#3 APPRECIATION

- Focus on what you've got rather than moaning about what you don't have.
- Be grateful for the positive things in your life.
- Reflect on daily wins and your future aspirations.

**YOUR MINDSET IS LIKE A MUSCLE, THAT STRENGTHENS WITH TRAINING.
REGULAR EFFORT LEADS TO PROGRESS!**

