

80 FACTORS THAT IMPACT YOUR MINDSET...

1. Sleep
2. Boundaries
3. Other people
4. Food
5. Exercise ^[]_[]^[]_[]
6. Alcohol
7. Your past experiences
8. Planning & preparation
9. Stress; financial, psychological, physical
10. Your perception &/or perspective
11. Clutter
12. Noise
13. Self-talk
14. Taking the easy option
15. Not staying consistent ^[]_[]^[]_[]
16. Doing hard things
17. Proof &/or evidence
18. Nature &/or the outdoors
19. Sunshine
20. Sunrise &/or Sunset
21. Indecision
22. Hormones
23. Emotions
24. Kids
25. Injuries
26. Projections, planning & forecasting
27. Being in control
28. Expectations
29. Accountability
30. Research / Evidence
31. Feedback
32. Restriction
33. Guilt
34. Shame
35. The weather
36. The news
37. Uncontrollable events
38. Unexpected disruptions
39. Making a commitment out loud
40. Doing what you say you are going to do
41. Social media
42. Your goals
43. Your environment
44. Your habits
45. Just getting started
46. ^[]_[]Fatigue / Tiredness
47. Stress
48. Alcohol / hangovers ^[]_[]
49. Support network
50. Training environment
51. Socialising
52. Exercise ^[]_[] routine
53. Circle of Influence (Podcasts, YouTube)
54. Consistency
55. Previous goal achievement
56. Time management
57. Information
58. Research
59. Physical health
60. Mental health
61. Accountability partner / coach
62. Gamification
63. Non-food rewards
64. Workload
65. Dogs / animals
66. Doing good deeds
67. Acts of kindness
68. ^[]_[]Work
69. Music
70. Having a plan
71. Sweating like a maniac
72. Having a community
73. Time of day... 4am starts
74. Taking responsibility
75. Having fun & smiling
76. Your reasons for action
77. Degree of difficulty
78. Discomfort
79. Bad habits
80. Phone

2 QUESTIONS TO ASK YOURSELF

- 1. Does this have a POSITIVE or a NEGATIVE ^[]_[] impact?**
- 2. Is this within my CONTROL or is it an UNCONTROLLABLE?**