



Best Shape Challenge FOCUS CARDS

Write down one statement per card. Re-write your new Beliefs/Goals from your pre-Challenge Kit, and transfer them to your FOCUS Cards. For example: "I am losing 10 pounds by the end of the 10-weeks." "I am creating a strong, healthy body for life because I deserve it and I love and care for myself." Remember to make them measurable, and time-bound!

Read your FOCUS Cards often. Carry them with you or post them on your fridge. Read them first thing in the morning and before sleep. *Feel* as if their truth is seeping into every muscle in your

BSC™ FOCUS Card



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