	THIS IS YOUR TIME TO be present	
8 Mook	Brain Dump	
8 Week Intensive REDEFINED WEIGHT LOSS		
	MASTER YOUR mindset	
[]	affirmation	
MEETING DATE:		
TIME TO Share		
Win of the Week		
1. WHAT'S A WIN (BIG OR SMALL!) YOU'VE HAD SINCE WE LAST MET?		
2. Set Support		
IF YOU COULD ASK FOR HELP WITH ONE THING THIS WEEK, WHAT WOULD IT BE?		

## TAKE YOUR NEXT STEPS With Purpose

I WILL	
START DOING:	
CONTINUE DOING:	
CONNECT WITH:	



