





**TOOLS TO LEAN ON WHEN YOU LOOK TO  
ADOPT A “FITNESS MINDSET”**

- 1. Reframe your why.
- 2. Set SMART goals.
- 3. Celebrate small wins.
- 4. Pair movement with things you enjoy.
- 5. Focus on consistency, not perfection.
- 6. Use habit stacking. Connect new habits to ones you already do.
- 7. Track and reflect.
- 8. Practice self-compassion.

Notes:

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