

Get Lean Wellness Workshop

SELF-ASSESSMENT SHEET

Never Say Never
Unleash your ultimate body



Get Lean Program

Never Say Never

01. MIDLIFE TIPPING POINT

NOTES

Q: What are some of my self-limiting beliefs?

Q: What stereotypes do I feel pressure to conform to?

Q: What beliefs can I put "on pause"?

Q: What new belief/s do I want to "test out"?

01. POST-40 HORMONAL CHANGES

NOTES

Q: Am I experiencing any of these symptoms?

- > Lower Energy
- > Mental Fatigue
- > Poor Sleep
- > Weight Gain
- > Tummy Fat
- > Moodiness
- > Stressed or Anxious
- > Carb Cravings

Q: How is this affecting my health, weight and wellbeing?

03. THE TRUTH ABOUT DIETS

NOTES

Q: What have I tried that hasn't worked?

- > Under-Eating
- > Low-Carb
- > Fads (fasting, shakes etc)
- > Only Cardio-Based Exercise
- > Supplements
- > Other

Q: Am I ready to let go of the "dieting" and embrace a lifestyle change?

04. ALL ABOUT CARBS

NOTES

Q: Do I experience carb cravings? If so when and for what?

Q: Based on what I'm learning, why might I be experiencing these cravings?

Q: What changes can I test out?

05. STOP THE ROLLER-COASTER

Q: How am I tracking on these indicators?

NOTES

1. Avoiding Strict Dieting

1-----5-----10
Poor OK Great

2. Managing My Carbs

1-----5-----10
Poor OK Great

3. Moderating Alcohol

1-----5-----10
Poor OK Great

4. Exercising for MY Body

1-----5-----10
Poor OK Great

5. Building Muscle Density

1-----5-----10
Poor OK Great

06. FEMALE SPECIFIC EXERCISE

NOTES

Q: Am I exercising too much or not enough?

Q: What's my "go to" workout program and is it working for me?

Q: Am I seeing the visual changes that I want?

Q: Am I targeting my trouble zones with the right exercises?

07. KEY TAKE-AWAYS

NOTES

Q: What are 3 small, doable changes I can make?

1.

2.

3.

Q: What are 3 big picture goals going forward?

1

2.

3.

YOUR INVITATION TO JOIN GET LEAN

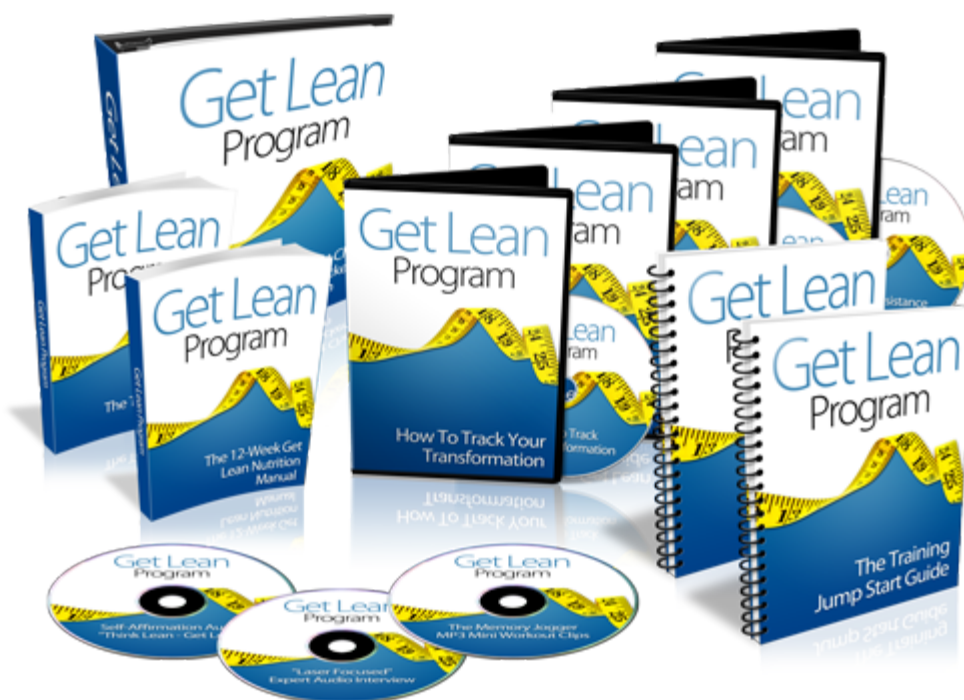
If you've had a few "aha" moments throughout this workshop.

If you can relate to what I've shared..

If you'd like a realistic, down-to-earth and doable road map to getting in great shape - then I'd love you to join Get Lean.

It's a 12 week complete transformational program for women only that literally takes you by the hand and walks you step by step to losing weight, getting rid of cellulite and building lean, body toning muscle – in a healthy and sustainable way.

You deserve the best that life has to offer and I'm here to help you make it happen!



Yes, I'd love to join! <<