30 DAY REVAMP THE ULTIMATE HABIT BUILDER

Martin Brady

Strength Coach

YOUR CURRENT HABITS ARE CAUSING YOU TO STEP BACK EVERYTIME YOU FEEL LIKE YOU ARE MOVING FORWARD

YOUR NEW HABITS IS WHAT WILL DRIVE CHANGE AND A CONSISTENT LEVEL OF RESULTS THAT YOU CAN SUSTAIN

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IDENTIFY THE HABIT

WHAT IS THE BAD HABIT ? WHAT IS THE NEGATIVE IMPACT IT HAS? WHAT WOULD I LIKE TO DO INSTEAD? WHAT IMPACT WOULD THAT HAVE?

BREAKING THE HABIT

WHEN DO I DO IT ? HOW DO I FEEL BEFORE I DO IT ? WHAT DO I TELL MYSELF WHEN I'M DOING IT ? WHAT IS THE IMMEDIATE RELIEF ? WHAT ARE THE LONG TERM IMPLICATIONS ? WHAT WOULD I LIKE TO DO INSTEAD?

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Strength Coach

Name:

Weakest area :

Goal : Strongest

Area:

THE ULTIMATE HABIT BUILDER

In this Document we want to start implementing and even revisiting some of the key habits that will ensure you are WINNING.



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BODY FAT LEVELS	CONFIDENCE	STRENGTH		
MUSCLE TONE	FEELINGS	ENDURANCE		
MOOD	HAPPINESS	MINDSET		
ENERGY LEVELS	MOTIVATION	LOOKS		
PERCEPTION	SELF BELIEF	SELF RESPECT		

Name:

Weakest area :

Goal :

Strongest Area:

THE ULTIMATE KNOWLEDGE BUILDER

In this Document I Outline the key areas that you need to watch,learn and begin to implement from over the next 30 days



6	KNOWLEDGE	SELF BELIEF	EATING HABITS	
	CONFIDENCE	FEELINGS	SLEEP	
	BETTER DECISIONS	HAPPINESS	MOOD	
	MOTIVATION	MOTIVATION	LOOKS	
	PERCEPTION	DETERMINATION	BETTER TO BE AROUND	

