

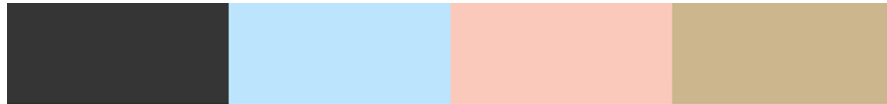


APPLEBEES FITNESS
HEALTH | LIFE | LEISURE

Mindset

Take a look at the slides below and see what mindset you are. If you are not 10/10 positive keep doing this drill everyday until you are. :)



Mindset is key to success. If your head isn't in the right place you will not get up and go get what you want. DO you really want to lose weight? Build muscle? Achieve your PB? Believe in yourself 100% and make the necessary changes to your lifestyle to achieve it!



THE HAPPINESS PLANNER

PRESENTS:

DIFFERENCES BETWEEN
NEGATIVE AND POSITIVE
MINDSETS

<p>NEGATIVE MINDSET</p>  <p>SEES PROBLEMS</p> <p><small>THEHAPPINESSPLANNER.COM</small></p>	<p>POSITIVE MINDSET</p>  <p>SEES OPPORTUNITIES</p> <p><small>THEHAPPINESSPLANNER.COM</small></p>
<p>NEGATIVE MINDSET</p>  <p>ACTS POWERLESS</p> <p><small>THEHAPPINESSPLANNER.COM</small></p>	<p>POSITIVE MINDSET</p>  <p>UNDERSTANDS THEIR POWER</p> <p><small>THEHAPPINESSPLANNER.COM</small></p>

NEGATIVE MINDSET



SPENDS TIME WITH TOXIC PEOPLE

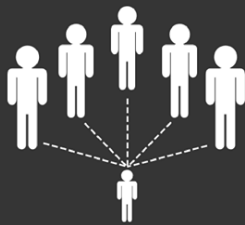
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POSITIVE MINDSET



SPENDS TIME WITH SUPPORTIVE PEOPLE

NEGATIVE MINDSET



COMPARES SELF WITH OTHERS

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POSITIVE MINDSET



COMPARES AGAINST SELF FROM YESTERDAY

NEGATIVE MINDSET



MAKES MOUNTAINS OUT OF MOLEHILLS

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POSITIVE MINDSET



MAKES MOLEHILLS OUT OF MOUNTAINS

NEGATIVE MINDSET



DEMANDS MAGIC WAND TO FIX PROBLEMS

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POSITIVE MINDSET



EMBRACES PUTTING IN A TRUE EFFORT

NEGATIVE MINDSET



ENJOYS SEEING
PEOPLE FALL

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POSITIVE MINDSET



ENJOYS SEEING
PEOPLE RISE

NEGATIVE MINDSET



FOCUSES ON
WHAT'S WRONG

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POSITIVE MINDSET



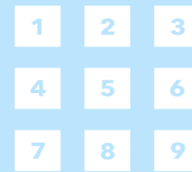
FOCUSES ON
WHAT'S RIGHT

NEGATIVE MINDSET



ASSUMES WORST
CASE SCENARIO

POSITIVE MINDSET



LEAVES
POSSIBILITIES OPEN

NEGATIVE MINDSET



HIDES FROM
FEARS

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POSITIVE MINDSET



FACES
FEARS