



## *Feed and Condition Your Mind*

» 1 | What are 2 things you can do daily to feed your mind?

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» 2 | What are 2 things you can listen to in the next 90 days?

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» 3 | What are 2 things you can do daily to feed your body?

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» 4 | What are your ultimate goals and aspirations for this year?

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» 5 | “ I \_\_\_\_\_ commit to feeding and conditioning my mind & body to the best of my ability over the next 90 days! ”

*Notes:*

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