

Rossell Fitness Habit Change Action Pack Week 4

Task 1

Mindful VS MindFULL

What lifestyle would you lead and what results could you get when you are present, mindful, when you have forgiven yourself for your errors, and when you commit to owning your life with personal development.

Invest in some new mindful hobbies and explore ways to spend time in a mindful state, examples include:

- Learning an instrument
- Building a model (*lego, mini-lego etc*)
- Colouring
- Painting
- Drawing
- Knitting, crocheting, sewing

Task 2

Begin to attempt to complete your daily tasks mindfully

- Making a cup of tea
- Cleaning the dishes
- Washing the car

If you can do the small tasks mindfully, imagine the power when you are able to put your FULL focus on the tasks that are essential for health and weight loss.

If you can learn how to empty your mind and focus on these smaller things, you will have a much easier time in the other changes that are needed.

Task 3

Become a member

Becoming a member of RF online could help you through the tough times of changing and breaking free of your old habits. You can get support, more accountability, online workouts, video coaching, recipes and all of your questions answered so that you can keep the consistency and motivation that you need to strive toward your results.

You can become a member by following this link:

<https://www.rossellfitness.co.uk/product/online-membership/>

SPECIAL INTRODUCTORY OFFER: If you sign up today, you will be able to become a member for just £1 for your first month. Each month thereafter will be £9.99.