



No.1
superfastdiet™

Mindset Mastery

THE ULTIMATE COURSE
FOR A SUPER LIFE

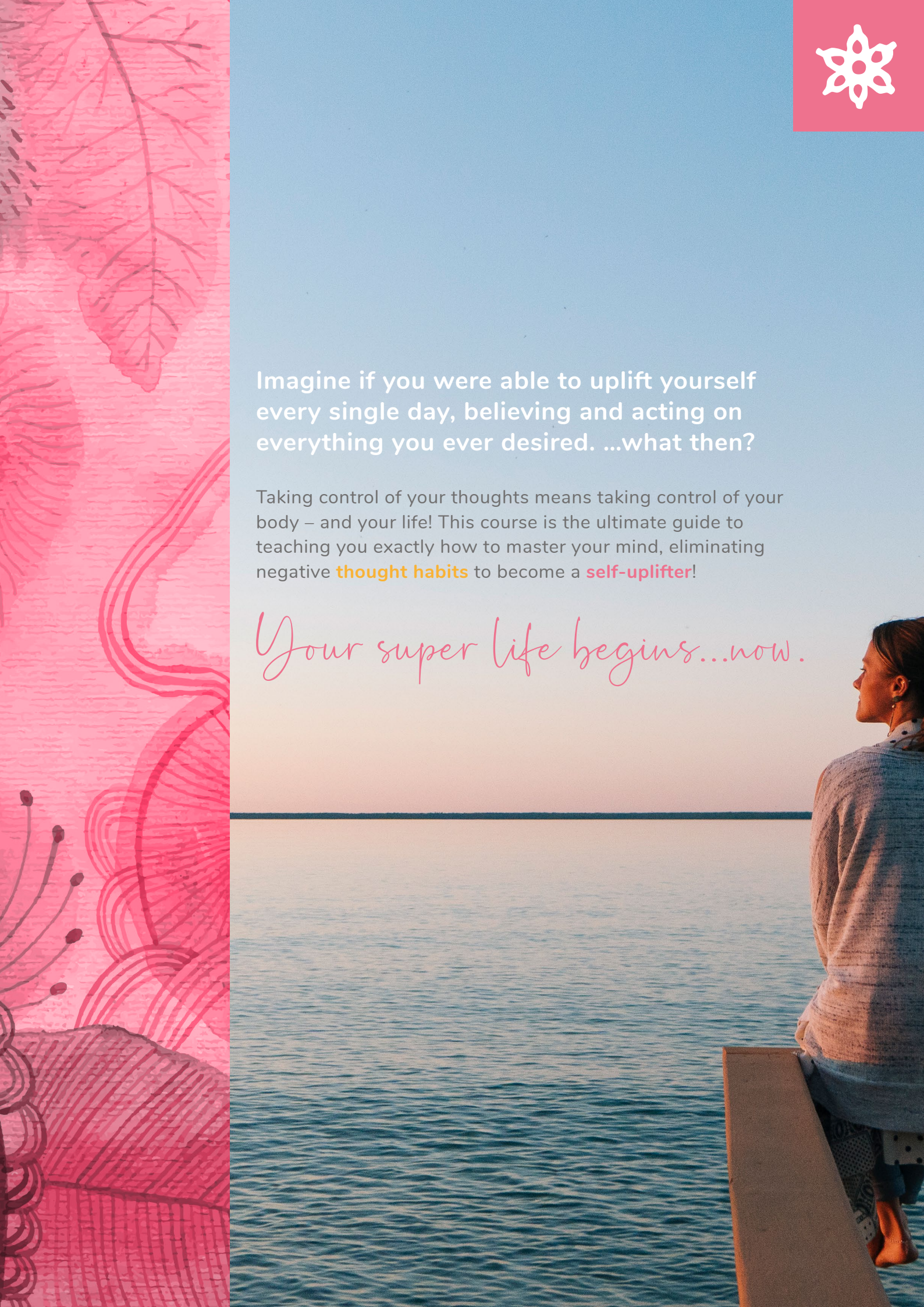
with *Csen Davidson*



Imagine if you were able to uplift yourself every single day, believing and acting on everything you ever desired. ...what then?

Taking control of your thoughts means taking control of your body – and your life! This course is the ultimate guide to teaching you exactly how to master your mind, eliminating negative **thought habits** to become a **self-uplifter**!

Your super life begins...now.





PART 1

SUPERFAST GOAL SETTING

SUPERFAST GOAL SETTING involves:

- » Keeping the end in mind
- » Put first things first
- » Visualisation





keeping the end in mind

Starting with the end in mind keeps you **focused on achieving what you desire** and to feel that wonderful success in advance.

Essentially, you are experiencing those emotions already and that's a powerful pull. Think of it as a short cut to attainment, like a freeway over a ravine.

Half of getting what you want is knowing what you want.

If we don't have a destination how can we arrive at our destination? Having no goals is like a straw in the wind blowing wherever the surrounds take us. Goal setting gives us control and focus because when we know where we want to go it is just a matter of figuring out how to get there. **We just need to choose the best way.**



Believe in who
you are & what you
want... Believe in
the magic within
you & your ability
to do great things...



put first things first



Stephen Covey, author of “The 7 Habits of Highly Successful People,” cited this as one of the powerful 7 habits, in fact it is my favourite. As explored above, you need to know what you want first and Covey saw that as an actual outcome more than a desire. He used a powerful example of enjoying sailing with his young son at the time. In fact, he used the picture in a poster (pictures speak 1,000 words, but more about that later!). In other words, put what is REALLY important at the top of the goal list.

I remember reading an article by Oprah about a seminar she gave where she asked the large group of women attending to write down their top 5 priorities. Then she asked how many put goals for themselves at the bottom of the list. You guessed it, 95% of the room. So if you were to put your weight loss at the top of the list, how would it impact your life? For starters, **if we don't have our health, what else is there?** Losing weight can really change all facets of your life, from relationships to work but most importantly, you own self-worth and self-esteem.

put what is REALLY important
at the top of the goal list!



put first things first

EXAMPLES:

1

Work on my mindset: meditation, affirmations, visualisation, positive material

2

Give my body attention: exercise (good for the mind too), delicious and nutritious food, join SFD! Give to my spirit by being in nature, join a community project

3

Give time and energy to my significant others, what can I do for them and with them? eg. date night, loving messages or thoughtful acts like a message in a lunch box, give flowers to someone special, a hug, a phone call to a good friend

4

Contribute to life purpose such as enrolling in a course, reading a book/podcast/YouTube video enrol in a Facebook group that motivates me, look for a new career or put more into my chosen job, maybe talk to my boss about how I can contribute in a more meaningful way

5

Put a plan into my finances, organise a budget, a savings plan, look at my investments

6

Social life, book a night with friends in person (if possible) or walk in the park

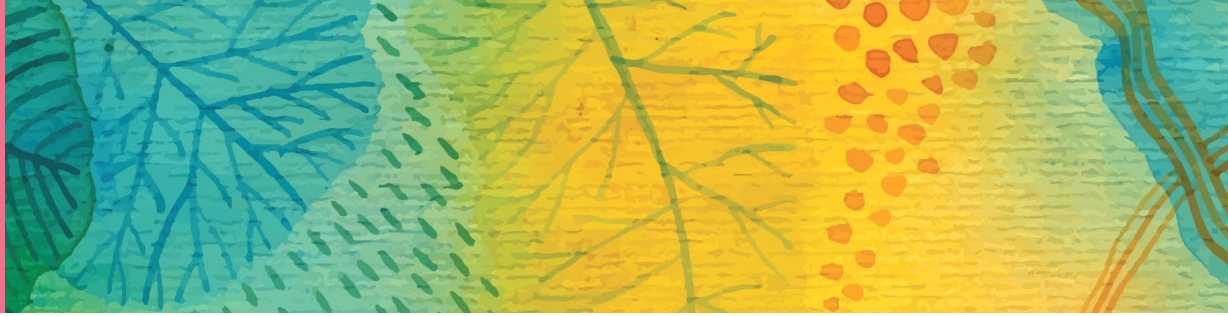
7

How I can have fun, enrol in a dancing course, book a games night or meet for a coffee morning

8

Community - become green, recycle, plant a herb and vege garden, tend to my home environment, join a group to make a difference in the world

Whatever your dreams are,
put them out there with confidence



put first things first

What is really important to you?

1

2

3

4

5

6

7

8

Today is the day
that you choose you first



YOU
ARE
MY
SUN
SHINE

It's not enough to just imagine something
and think that it will just happen.

visualisation

Now that you have decided what you want and why that's important, the next step is to think about what that might look like.

A very powerful tool is to use pictures. By using a **vision board** you can bring your goals to life, start with that end in mind and put the pictures to it. By then imagining how you would *feel* in the scenario of your visuals you send powerful signals to the brain which help bring your goals about.



my new car!



and
so the
adventure
begins

travel goals...



lifestyle & health



gen's visionboard...

travel!



LOSE
30KGS!



health and wellbeing!

TURN INTO
THE PERSON
YOU ALWAYS
WANTED TO BE.
START TODAY.
SOUNDS FUN!



dream home



be
happy

Today I choose
joy.



Love and Romance



family and friends



And
so the
adventure
begins

The BIG WHY is stronger than all those
pathways and it's creating new brain freeways!

your visionboard...

time out

health and wellbeing!

Love and Romance

TURN INTO
THE PERSON
YOU ALWAYS
WANTED TO BE.
START TODAY.
SOUNDS FUN!

LOSE

___KGS!

family and friends

dream home

be
happy

and
so the
adventure
begins