

Set Your Mind & Time For Success



1. Write your mindset entering the program. Create a positive affirmation.
Example: "I can do anything. I am fully dedicated to my vegan path, completing my program and the positive results it gives me."

2. The time of day I will study and complete my daily 4 steps:

3. My 3 main goals for Going Vegan:

1.

2.

3.

I, _____ am fully committed to my health, food, and life. I commit to keeping my agreements with myself. I ask for support when I need it from those around me, and with my new vegan community. I take 100% responsibility for my well-being.

Signature

Date