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First Step Program

Using the B3 Way by ProAttitudes

How To Live Life With Your
Mind Not Your Mouth



Get Your First Step Towards Your Goal

Congratulations

On taking the FIRST STEP

When it comes to your health, finding what works for you makes all the difference. Rather than repeating the same thing you did yesterday, and the day before, and the day before that, doesn't it make sense to try another way that's built to work with you for the rest of your life?



Let's Improve Your Life

With a personalized First Step

Let's Begin Here

Coach Evan of Proattitudes can help you live your life with your mind, not your mouth. First, ask yourself these questions:

- 1** What is my overall goal?
- 2** What have I tried in the past to reach this goal?
- 3** Where did I succeed ?
- 4** What part of that didn't work well for me?
- 5** What's the first step to achieving this goal?





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1. What is my overall goal?

Your health is your greatest asset, and by setting a goal to improve it, you're investing in a happier, healthier, and more fulfilling life - one filled with energy, vitality, and the ability to truly thrive! So, let's decide on what your overall goal is:

2. SOME OF YOUR AMAZING PAST ACCOMPLISHMENTS

Take a quiet moment and make a list of your past accomplishments in regards to this goal and how they made you feel. Spend 1 minute FEELING it. Use all your senses: Sight, sound, touch, and taste associated with the memories.

Major success regarding this goal in the past.

How did it make you feel?

Losing a significant amount of weight

Starting an exercise program

Shopping for healthy food

Preparing healthy meals

Planning meals

Drinking lots of water

Quieting my inner critic

Managing my triggers

Making all foods fit

Managing alcohol

Asking for support

Connecting to your WHY

3: Where Did I Succeed?

By remembering these moments where you succeeded, you will plant seeds of hope that you can do this again.

Once you realize how you were successful in the past, you will see yourself breaking through the barriers that are keeping you stuck now. This review will free your mind of expectations and the requirement for motivation. You can more easily anticipate success. Through anticipation, rather than expectation, we begin to believe in a new way. A better way.

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4: What part didn't work well for me?

At this point, you are going to write down all of the obstacles that got in your way for your longterm success. Ask yourself, did you lack motivation, were your expectations unrealistic, did you lack support, or did life get in the way? Be as specific as possible. Each obstacle is a clue to how you are going to determine your FIRST STEP.



Guided Visualization: www.youtube.com/watch?v=gP4Yf7FSCDg



5:What's the first step to achieving this goal?

With the overall goal written down, you can now create your true objective: a small, almost tiny, step that moves you towards the goal

This can be anything! Here are a few examples:

- Drink 1 glass of water first thing in the morning
- Put on your walking shoes
- Throw out that last bit of ice cream

Then, add this to an existing element of your routine: After you brush your teeth (your established habit), then you drink a glass of water (a new habit). This is called “Anchoring” a habit.

Bonus Step: Really Celebrate That Victory

Congratulations! You have completed the most important process in bypassing motivation and experiencing freedom. By taking, and completing, the next step toward your overall goal, you are officially closer than before.

Feel that endorphin rush and embrace the power of a conscious habit. As you continue to repeat this 5 step process, you will reach your goal, all without motivating yourself to get there.

It is truly remarkable that individual steps is all it takes to achieve your goals! It all begins with your FIRST STEP!

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IS THAT IT?

No way! This is just the FIRST STEP in living life The B3 Way.

But, what is The B3 Way? The B3 Way is a new paradigm in self improvement. People adopting The B3 Way are going beyond their Big, Hairy Audacious Goal and they are improving their lives and the lives of everyone around them. In doing so, we create a greater atmosphere for change in the world.

The B3 Way was developed by ProAttitudes founder, Coach Evan. After 20 years of attempted self-motivated improvement, he uncovered the mindset and mentality of bypassing motivation.

Visit www.ProAttitudes.com today and learn more about living better The B3 Way.

FIRST STEP



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