

HELP YOUR CLIENT OVERCOME THEIR LIMITING BELIEFS, GET RESULTS THAT STICK AND KEEP COMING BACK FOR MORE!

#### **WELCOME!**

THIS WORKBOOK GOES ALONG WITH THE WEBINAR OF THE SAME TITLE.

GET ACCESS HERE:

HTTPS://WWW.GRETCHENGEGG.COM/FITPROWEBINAR

My name is Gretchen Gegg and I am a lifecoach and fitness educator. My expertise lies in bringing mindset strategies to group exercise, personal training, health and wellness professionals. In 2018, I launched The MiMo Method - an online course for the "other 90%" of people who aren't investing in their health.

The MiMo Method is a program designed to teach clients how to fix MINDSET BLOCKS (outdated behavior change techniques, broken thought patterns, lack of vision) so that fit pros



can do what they do best - put bodies INTO MOTION and give clients the results that they deserve. Stay tuned to learn how you can become a MiMo Coach today and offer top-of-the-line, body positive coaching (for both one-on-one and groups) based on psychological, physiological and lifecoaching methods.

#### LIFECOACH WISDOM

"WHATEVER YOU VIVIDLY IMAGINE, ARDENTLY DESIRE, SINCERELY
BELIEVE AND ENTHUSIASTICALLY ACT UPON...MUST INEVITABLY
COME TO PASS."
- PAUL J MEYER



### STRATEGY #1

### USE BODY-POSITIVE ASSESSMENT TOOLS

There are two old beliefs about assessment.
Belief #1 - Assessment is a before and after comparison.
A better belief is:
Belief #2- Assessment is a tool for physical health only.  A better belief is:
Toolkit: "6 Pillar Assessment Tool"



Use assessment tools to identify a client's true values. Sometimes what is holding them back is not what THEY or YOU think is the biggest issue.

From there ask powerful questions that will help guide you to a clients true vision/"why"/motivation.

What types of questions are important to ask?

Toolkit: "6 Pillar Vision Statements" & "Get to Their Why - Powerful Questions"



### **STRATEGY #3**

# INCORPORATE MODERN METHODS OF BEHAVIOR CHANGE

CHANGE	
What does "modern" mean?	
The R.A.M.P. Method	
R	X
A	X
M	X
P	X
	= BEHAVIOR CHANGE
What is a trigger?	
What is metacognition?	
Where would you get a client's motivation?	
Why is the "P" important?	





Limiting beliefs can be ours or our clients. We need to know how to re-train our thoughts/our client's thoughts and make our beliefs work for us.

Toolkit: "Thought tool for Identifying

Limiting Beliefs"

What do we do once we have identified the thought?



### **STRATEGY #5**

### TEACH THE THREE THINGS THAT PREVENT RELAPSE

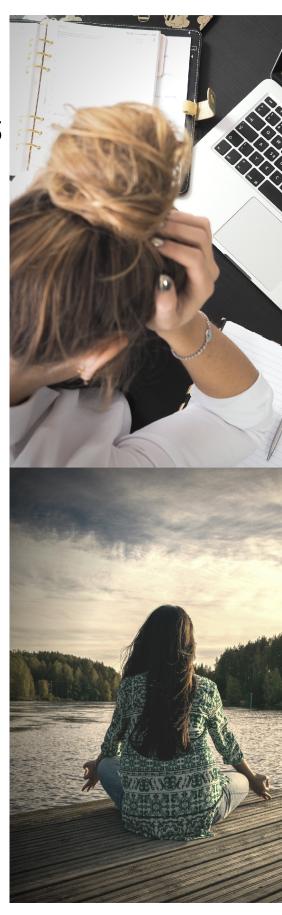
What is relapse?

The Three S's to Making it Stick!

#1									
	-	-	=		 	 	-	_	-

#2 \_\_\_\_\_

#3 \_\_\_\_\_



### BONUS: TOOLKIT

FOR SELF-USE OR USE WITH CLIENTS



	RATE	RA	NK
PHYSICAL HEALTH			
MENTAL HEALTH			
RELATIONSHIPS			
ENVIRONMENT			
FINANCES			
SPIRITUALITY			

1 = horrible (rate), least important (rank) 10 = perfect (rate), most important (rank)



#### WHAT DOES "PERFECT"

	LOOK LIKE?
PHYSICAL HEALTH	
MENTAL HEALTH	
RELATIONSHIPS	
ENVIRONMENT	
FINANCES	
SPIRITUALITY	



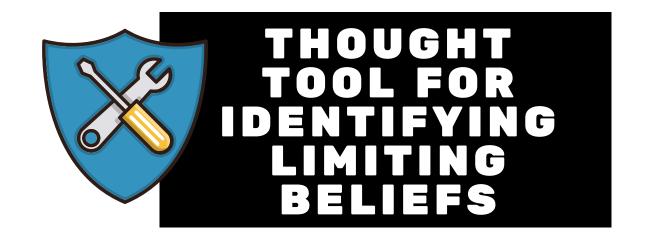
## HOW WOULD YOU SHOW UP IF YOU WERE ALREADY "PERFECT"?

WHAT DO YOU NEED MORE OF?

WHAT DO YOU NEED LESS OF?

WHAT SCARES YOU?

THE WHY: WHAT WOULD IT MEAN TO YOU?



#### IDENTIFY THE SITUATION:

WHAT DOES IT MAKE YOU THINK?

HOW DOES IT MAKE YOU FEEL?

WHAT DO YOU DO?

WHICH PART DO YOU HAVE CONTROL OVER?

### Take your training to the next level. Become a MiMo Coach today!



- **5 Self-Paced Modules** covering the strategies behind the MiMo Method, detailed assessment strategies, vision & goal-setting, modern method of behavior change, relapse prevention, busting plateaus and more! Fach Module includes:
  - Lesson videos & printable notes with strategies for successful implementation in one-on-one and group settings (valued at \$1,250)
  - Client tools printable worksheets for clients and groups to work through (valued at \$547)
- Access to my movement library of over 30 different accessible/all-level workouts for cardiovascular conditioning, muscular fitness, range of motion and balance now with a KIDS and PRENATAL/POSTPARTUM workout program included! (valued over \$1,500)
- **Bonus Material** videocast interviews with mindset strategists and successful fit pros, downloadable meditations for self-use or with clients, additional client tools and anything else I can give you for FREE (valued over \$3,000)
- Group coaching calls with Gretchen (valued over \$650)

**CLICK HERE TO APPLY!!** 

### THANK YOU!



GET MORE INFORMATION AT <u>WWW.GRETCHENGEGG.COM</u>

WANT TO WORK WITH GRETCHEN TO MASTER THESE SKILLS?
BOOK A CONSULTATION AT
<a href="https://calendly.com/gretchengegg/consultation">https://calendly.com/gretchengegg/consultation</a>