


# Mindset Mastery Program


**A**re you ready to break free from limiting beliefs, conquer bad habits, and transform your life? Welcome to the Mindset Mastery Program, where we empower you to cultivate an extraordinary mindset that unlocks your full potential.


## Discover the Power of Your Mindset

Your mindset is the key to your success, happiness, and overall well-being. It shapes your habits, influences your choices, and determines your outcomes. In this transformative 12-week program, we dive deep into mindset science to help you take control of your life.


### What You'll Achieve:


 **Break Bad Habits:** Say goodbye to self-sabotage and hello to lasting change. Learn practical strategies to identify and conquer destructive habits that have held you back.


 **Improve Mental Well-Being:** Boost mental resilience, reduce stress, and enhance overall well-being. Discover the secrets to fostering a positive self-image and conquering self-doubt.

 **Achieve Personal Goals:** Set inspiring, achievable goals and create a roadmap to success. Develop the mindset of a high achiever and watch your dreams become reality.

### What You'll Experience:

 **Personalized Coaching:** Benefit from one-on-one coaching sessions tailored to your unique needs. Our experienced ICF-certified coach will guide and support you every step of the way.

 **Community Support:** Connect with a like-minded community of individuals on a similar journey. Share experiences, encourage, and grow together.

 **Comprehensive Resources:** Access a wealth of resources, including articles, videos, and worksheets, to deepen your understanding and reinforce your learning.

**July 17** **Flexible Timing:** We understand that life is busy. That's why our program offers flexibility to accommodate your schedule and commitments.

### **Join Us on the Journey to Ideal Mindset Mastery**

Are you ready to rewrite your story, embrace challenges, and achieve your most ambitious goals? The Ideal Mindset Mastery Program is your path to personal growth, empowerment, and a life of fulfillment.

Unlock your potential. Transform your mindset. Elevate your life. Start your journey today.



## **Weekly Structure (12-Week Program):**

**Goal:** To help Ideal Mind and Body's clients develop a positive and growth-oriented mindset that empowers them to overcome bad habits, enhance their mental well-being, and achieve their personal goals.

### **Week 1-2: Introduction to Mindset Mastery**

- Session 1: Understanding the Power of Mindset
  - Introduction to the concept of mindset and its impact on habits and goals.
- Session 2: Types of Mindsets
  - Explore fixed and growth mindsets and their implications.

### **Week 3-4: Identifying and Breaking Bad Habits**

- Session 3: Self-Awareness and Habit Identification
  - Techniques to become aware of detrimental habits.
- Session 4: Strategies for Breaking Bad Habits
  - Practical approaches to overcome and replace negative habits.

### **Week 5-6: Building a Growth Mindset**

- Session 5: Cultivating a Growth Mindset
  - Developing a mindset that embraces challenges and learning.
- Session 6: Embracing Failure and Resilience
  - Learning from setbacks and building resilience.

### **Week 7-8: Improving Mental Well-Being**

- Session 7: Stress Management and Mindfulness
  - Techniques for reducing stress and practicing mindfulness.
- Session 8: Positive Self-Talk and Confidence Building
  - Building self-esteem and fostering a positive self-image.

### **Week 9-10: Setting and Achieving Goals**

- Session 9: Effective Goal Setting
  - SMART goal setting and creating a roadmap for success.
- Session 10: Goal Implementation and Tracking
  - Strategies for staying on track and adjusting goals as needed.

### **Week 11-12: Sustaining Mindset Mastery**

- Session 11: Maintaining Your Ideal Mindset
  - Strategies for long-term mindset maintenance.
- Session 12: Celebrating Achievements and Next Steps
  - Reflect on progress, celebrate successes, and plan for continued growth.

**Program Features:**

- Weekly one-on-one coaching sessions (50-60 minutes each) to discuss progress, set goals, and provide personalized guidance.
- Access to IMB's private Facebook group for participants to share experiences and support each other.
- Weekly assignments and exercises to reinforce learning and encourage practical application.
- Additional resources include articles, videos, and worksheets to supplement coaching sessions.
- Ongoing email support for questions and guidance between sessions.
- End-of-program assessment to measure mindset transformation and goal achievement.
- 20% off for any other IMB's program or products.

Program Value: ~~\$3,899~~

One Full Payment of **\$1,449**

Or Monthly Payment Plan - 3 Installments of \$549