



Self-Control Mastery Formula

Make agreements with yourself

Food Agreement

You don't follow thru

No shame/no guilt/no beating yourself up

Ask yourself is this agreement still important?

If yes get back on track.

If no change the agreement or let go of the agreement.

I Love You mirror work

Let's have a great Friday!

Do the next right thing

Take today through the finish line

Have a positive attitude today

Morning Routine Class

<https://ericlofholm.lpages.co/morning-routines/>