



SUPER HUMAN  
BY SCIENCE

# Super Human by SCIENCE

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## Positive Mindset CHECKLIST

- I believe I can and will reach my health and fitness goals.
- I understand that this will be a journey of change and a new way of thinking.
- I will focus on the present and only what I can control.
- I will practice the habit of a high-vibe, positive mindset.
- I have all I need within me to change.
- I will ask for help when I need it.
- I will not let myself quit.