



— PURE —

Whole-Food & Plant-Based Support



Workbook

Module Eight

Mindset



When you first heard about transitioning to a plant-based diet, what were your thoughts?

Have you found the transition to be more difficult or easier than you expected?

Mindset



What is one setback that you have experienced so far?
Were you able to work past it?

Thinking back to before you started the program, remind yourself why you joined. What were the reasons you joined this program?

Mindset



What has been your biggest success so far? How did you feel afterwards?

What did you learn from that success that you can apply to an area that you are struggling with?

Vision Board



Creating a vision board is a way to help you to continue to move forward, even in periods of doubt. Follow the below steps to make your own vision board.

First, decide what you want the vision board to do. What is your goal you want the vision board to help motivate you towards? How should you feel when looking at it?

Vision Board



Next, you need to gather your supplies. Here are some suggestions:

- ☐ Poster board, a large sheet of paper, or even a cork board
- ☐ Glue, tape or pins
- ☐ Markers, colored pencils, or paint
- ☐ Colorful and/or plain paper (optional)
- ☐ magazines/books that can be cut up
- ☐ Scissors

Find a space on your floor or table to work. Set some music if that helps or other ambience items such as candles or incense and go through the magazines, looking for images and words that inspire you.

Use the glue/tape/pins and arrange your selected words/images on your vision board.

Hang your vision board where you will see it.