

# REBOUND LIFESTYLE BLUEPRINT



## STAGE 1

### BUILDING YOUR TOOLBOX

You want to be more positive, more resilient, and believe in yourself—and yet you are feeling stuck. You tend to be hard on yourself and feel like everyone else has it all figured out. You are feeling frustrated because you know that things could be different, and you want them to be different. You know that it's possible, but don't know how to get there. You need help, you need support, you need a blueprint.

	MILESTONE 1	MILESTONE 2	MILESTONE 3
ACTION 1	You've made the commitment to yourself and taken the Rebound Lifestyle pledge.	You are <b>prepared</b> for the Rebound Lifestyle journey.	You have <b>begun</b> your Rebound Lifestyle journey.
	Read and sign the pledge.	Review all the core content.	You have completed at least five BYT mental training tools.
ACTION 2	Get all the materials you need to start your journey.	Complete the Find Your Why exercise.	You are actively answering the reflective journal prompts.

#### GOAL

Your main focus during this stage is: **Committing to this journey and working on the basics.**

## STAGE 2

### MASTERING YOUR MINDSET

You are starting to understand the importance of being proactive versus reactive and getting consistent with using your mental training tools. You're ready to be kinder to yourself and cut yourself some slack while also holding yourself accountable. You're ready and determined to break old habits and create new ones.

	MILESTONE 1	MILESTONE 2	MILESTONE 3
ACTION 1	You can separate your self-worth from your internal dialogue and mental chatter.	You are able to use your mental training tools in the moment.	You're taking ownership over your mindset and recognizing your efforts.
	You have taken an inventory of your thoughts by completing the Self-talk Inventory log.	You have demonstrated using mental training tools without a specific prompt.	You have completed at least five MYM mental training tools.
ACTION 2	You have completed your Daily Affirmation list.	You are using at least three BYT mental training tools on a consistent basis.	You have chosen a reward to recognize and celebrate your hard work.

#### GOAL

Your main focus during this stage is: **Exploring your internal world and taking ownership over your mindset.**

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## STAGE 3 USING POWER TOOLS

Your foundation is strong, and you are ready to try some advanced mental training tools. You are able to experiment and be curious about your processes versus judging yourself and wishing you operated differently. You have become more grounded and more accepting of yourself and even look forward to pushing yourself outside of your comfort zone.

	MILESTONE 1	MILESTONE 2	MILESTONE 3
ACTION 1	You believe in your ability to handle challenging situations.	You are making choices in line with your greatest values.	You are intentional with how you choose to spend your time.
	You have taken at least two opportunities to push yourself outside of your comfort zone.	You have completed your Values Inventory.	You have completed at least five UPT mental training tools.
ACTION 2	You have chosen a new goal to take action on.	You have taken at least two specific steps to invest in yourself and your self-care.	You have developed your morning and evening routines.

### GOAL

Your main focus during this stage is: **Living your values and building the courage to push outside of your comfort zone.**

## STAGE 4 REBOUND LIFE- STYLE

You are your own biggest cheerleader. You are living a purposeful and fun life. You are decisive, self-confident, and resilient. You treat yourself with compassion and grace. You give yourself credit and recognize your efforts, progress, and achievements. You feel genuinely grateful for all of the blessings and abundance in your life. You are living the Rebound Lifestyle.

	MILESTONE 1	MILESTONE 2	MILESTONE 3
ACTION 1	You take ownership over building your support system.	You balance hard work with big fun!	You're taking ownership over your mindset and recognizing your efforts.
	You have completed the Support Inventory.	You have developed your system for self-rewards and recognition.	You recognize when you are struggling and know which mental training tools to use.
ACTION 2	You have built up your support system and practiced asking for support.	You proactively manage stress with your joy lists and set boundaries with your time off.	You revisit the stages and milestones that need a reboot.

### GOAL

Your main focus during this stage is: **Living with grace, enjoying your life, and turning obstacles into opportunities.**