

## B-FIT Journal

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- **Beliefs** (Principles, Values, Positive, Negative) – Quotes by Bruce Lee
  - “As you think, so shall you become.”
  - “The possession of anything begins in the mind.”
  - “If you always put limit on everything you do, physical or anything else. It will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them.”
  - “Know the difference between a catastrophe and an inconvenience. To realize that it’s just an inconvenience, that it is not a catastrophe, but just an unpleasantness, is part of coming into your own, part of waking up.”

- **Food** (What do you drink and munch on? If it goes in your mouth, write it down!)
  - Are you eating healthy?
  - Are you overeating (includes healthy stuff) and don't realize it?
  - Beverages are sneaky! Wine, beer, a cocktail, sodas...

- **Intuition** (Instinct, Hunch, Inkling, Insight)
  - How often do you ignore a 'gut-feeling'?
  - Do you act on that hunch, or ignore it?

- **Thoughts** (Ideas, Feelings, Views, Opinion)
  - Is that idea worth pursuing?
  - Did someone discourage you from taking that idea to another level?
  - Is your opinion valid, or based on biases or even envy?
  - Do you control your feelings? Why do you feel good today and yesterday you felt like crap?

