

**BOLD** Confidence  
LIFE STYLE & BUSINESS MENTOR

# WORKBOOK



12 Step guide to  
50 & Fabulous.  
well,  
Fabulous at ANY  
AGE!



[www.ginaboldconfidence.com](http://www.ginaboldconfidence.com)

Founder of BOLD Confidence LLC



## MEET COACH

GINA SEXTON-MATEYCHICK

Gina is a Mindset & Lifestyle Coach, Speaker, certified behavioral analyst with the John Maxwell Team, Hosting "Bold Confidence Podcast with Gina" on 8 different platforms, she became an NPC Bikini Masters Competitor at 50 YO.. Gina will also be publishing & releasing her FIRST book called "Fifty and Fabulous at any age" in 2022. REGISTER TO WIN A COPY.

Gina supports women that are ready to make change, MIND and BODY. She teaches other successful women +40 - +50 how to get fit, stronger and in shape by building mental confidence in her Bikini Bold 90-day online program. Building a stronger mental foundation is KEY to building a life-long BODY that you desire at any age. So, are you READY to FEEL freak'n amazing at your age!

Gina has a phenomenal break-through story that makes her relatable, compassionate and an expert in the area of taking back your power, and ultimately defeating self-doubt, and winning the battle with your MIND and BODY.

Gina is a jujitsu wife, boy mom of 3, loves Jesus, family and weight-training, pizza and rocky road ice cream.

***"Progress is impossible  
without change, and those  
who cannot change their  
minds cannot change  
anything."***

***George Bernard Shaw***

## WHERE TO FIND GINA?

Founder of Bold Confidence LLC & Bikini BOLD  
Text Gina @ 918-691-0727

INSTAGRAM: @ginaboldconfidence  
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Gina \*Join me here\*

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PODCAST:  
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PODCAST WITH GINA





# BOLD Confidence

LIFE STYLE & BUSINESS MENTOR

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Complimentary Goal Setting Call:  
text me at 918-691-0727

**INSTRUCTIONS:** Fifty & Fabulous at any age can happen for you. But, are you willing to be OPEN to making permanent mental and physical changes. Are you willing to make this a LIFE-STYLE, remove ALL expectations, uncertainties and perfectionist tendencies and (BIGGEST step) to remove all your excuses and DECIDE that THIS IS YOUR TIME! This journey is about you recognizing that it is OKAY to have selfish-love for yourself.

Fill YOUR CUP UP FIRST, so that you NEXT can be your best self for everyone in your family and also be ready for what God has PLANNED for you.

- ☐ 1 - DETOX MIND AND BODY
- ☐ 2 - CLEAR INTENTIONS AKA GOALS
- ☐ 3 - SCIENCE BEHIND OUR ACTIONS
- ☐ 4 - SELF ACCEPTANCE
- ☐ 5 - RELATIONSHIP WITH YOUR MIND/BODY
- ☐ 6 - YOUR IDENTITY - YOUR VALUES
- ☐ 7 - YOUR IDEAL VERSION
- ☐ 8 - ENVISIONING HER
- ☐ 9 - TIME MANAGEMENT - FITNESS, FAITH & FAMILY
- ☐ 10 - BOUNDARIES
- ☐ 11 - BUILDING MUSCLES
- ☐ 12 - BIKINI BOLD MINDSET

Other topics inside Bikini BOLD Program: Habits, Hormones, Gratitude, Workouts, Intensity, VISION, reflecting, workout logs, cravings, & more. Upgrade and join our next session.

Disclosure: For the full training, LIVE videos, detail guided work-book, group coaching, accountability and your personalized plan. You can upgrade to the Bikini BOLD 90-day Online Program Today. Message me at 918-691-0727 for details



# WORKSHEET 1

12 PROMPTING QUESTIONS INTO YOUR JOURNEY OF FEELING 50 & FABULOUS

**QUESTION #1:** What are your current thoughts about yourself, your body, going to the gym? What thoughts keep you up at night? Pay attention and list here: Along with this process, **START** drinking more water (at least 11.5 cups (2.7 liters) of fluids a day for women) & remove all fried/processed foods and sugar.

**QUESTION #2:** List your 2022 health, mind & body goals and vision here? be very specific:

**QUESTION #3:** Have you ever wondered why you can't just do what you want to do or follow-through? Its because your unconscious mind is out of awareness, which urges unwanted emotions and it creates unhealthy behaviors or decisions.

What are your current values? List here:

Do these values match your current outcome (results)?

**QUESTION #4:** 5 STEPS to FULLY Loving Yourself & Following Through:  
What area do you need to work on the MOST? List the order of importance to you.

- Courage to face your past
- Awareness of how you are thinking
- Strength to bless & release
- Perseverance THRU the hard and thru the FEAR
- Start imagining positive outcomes & seeing yourself achieving the thing (YOU ARE WORTH)



# WORKSHEET 2

12 PROMPTING QUESTIONS INTO YOUR JOURNEY OF FEELING 50 & FABULOUS

**QUESTION #5:** Here you will practice shifting the old THOUGHTS towards & INTO NEW POSITIVE THOUGHTS! Take the answers your listed in Q1 and write the opposite HERE. Do your best to rewrite the script; This takes practice and it starts today. Again this may feel hard because your mind is used to thinking negative, so work on forcing the positive. Message me for help.

**QUESTION #6:** Who are you? (if you passed away today what would your destiny had been. How would others define you?) Also list below how you want to be known MORE for?

question 1

question 2

**QUESTION #7:** What does your ideal/best version of yourself LOOK like, act like? List it ALL HERE: Include her qualities, characteristics, attitude, behavior and what her thoughts may be?

**QUESTION #8: Now, start to** envision your ideal/ best version self? List her behavior, routine- what is she achieving?



# WORKSHEET 3

12 PROMPTING QUESTIONS INTO YOUR JOURNEY OF FEELING 50 & FABULOUS

**QUESTION #9: Time Management:** What is MOST important to me regarding achieving my body, health and fitness goals? And am I willing to make this a priority in my life? Can I make time for this and adjust my schedule to make this happen, if so what is that?

Please list answer here:

**QUESTION #10: Boundaries:** What can I eliminate, delegate or remove out of my life in order for me to achieve my goals? What am I fearing most about boundaries?

**QUESTION #11: Building Muscle:** Am I applying 110% effort into my exercise, gym time, body movement, walking or running exercises? Am I measuring my success? What do I think I NEED to help me achieve my body goals?

**QUESTION #12: Bikini BOLD MINDSET:** What are the successful women that I admire doing that I can do in my own way and what can I start doing TODAY that is uncomfortable but going to be worth every bit of feeling FREAKN FABULOUS?