

COACH HER TO CONFIDENCE

JESSICA H. MAURER



CONFIDENCE



”

CONFIDENCE
GROWS WHEN
YOU **KEEP THE**
PROMISES YOU
MAKE TO
YOURSELF.



HABITS



BUZZ



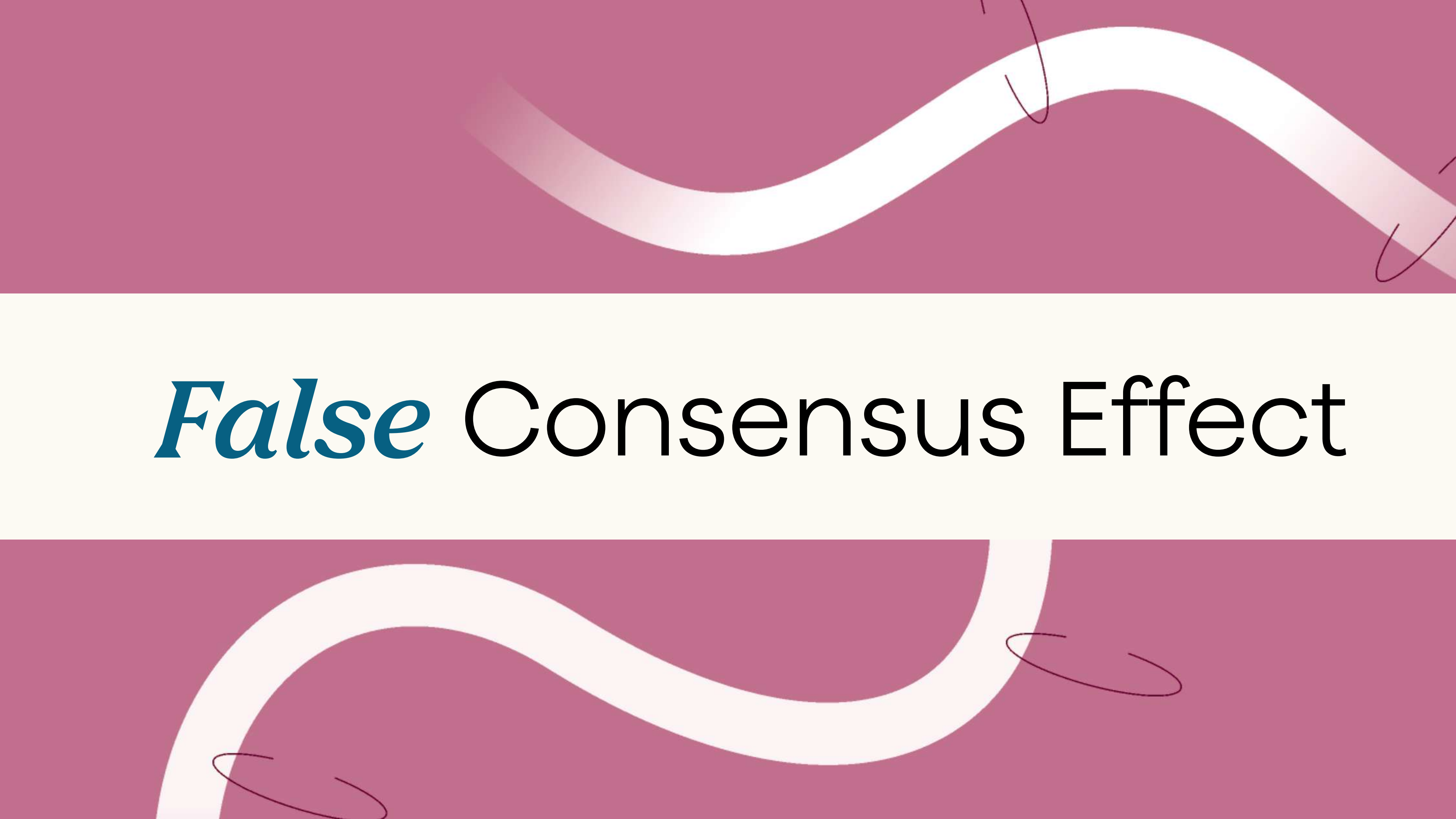


**WHO
ARE YOU**







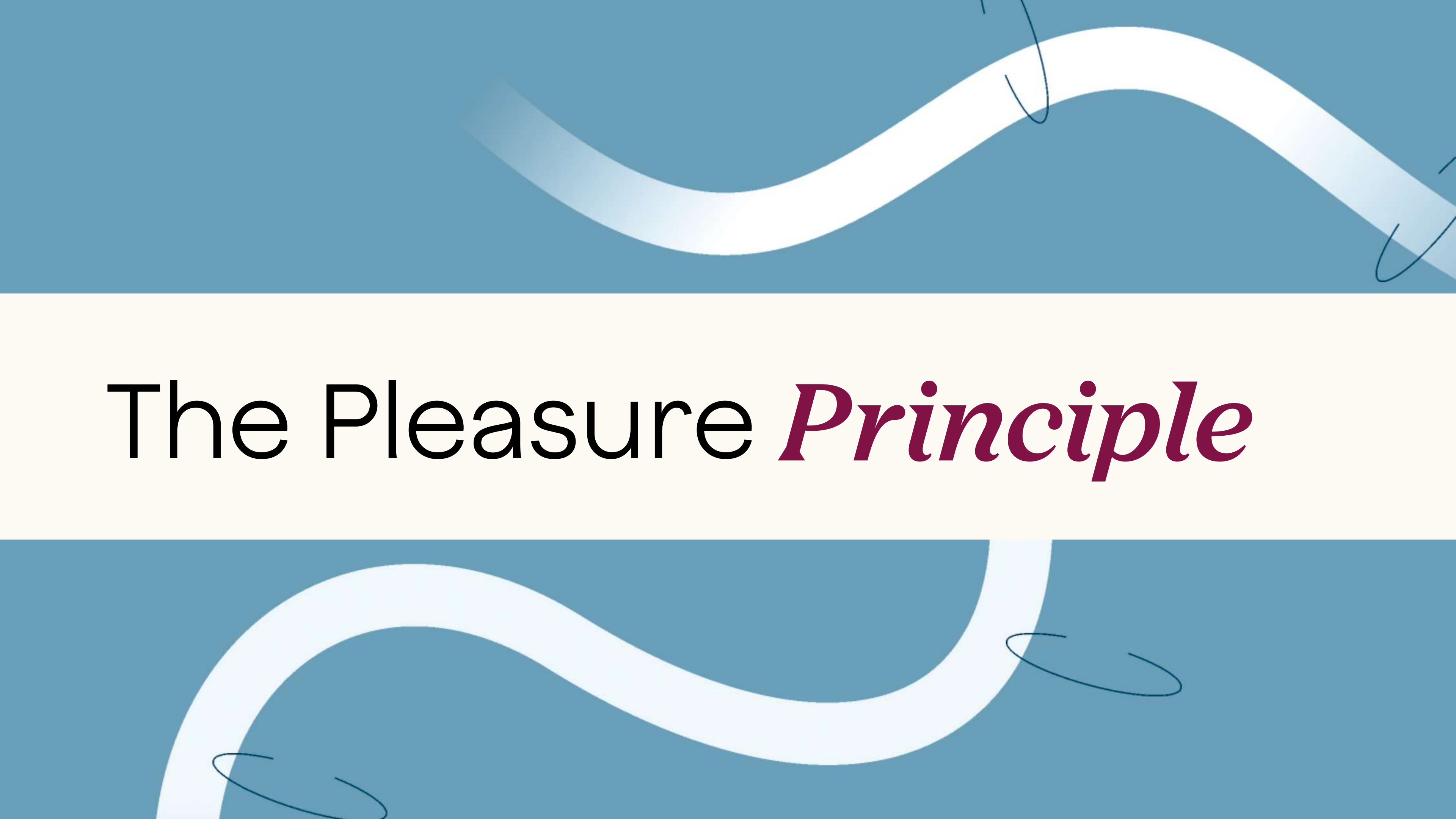
The image features a central white horizontal band containing the text. Above and below this band are maroon-colored sections. These maroon sections are decorated with thick, white, wavy lines that curve across the space. There are also some thin, dark, hand-drawn style scribbles in the maroon areas.

False Consensus Effect



24%

Americans move 3x
or more per week

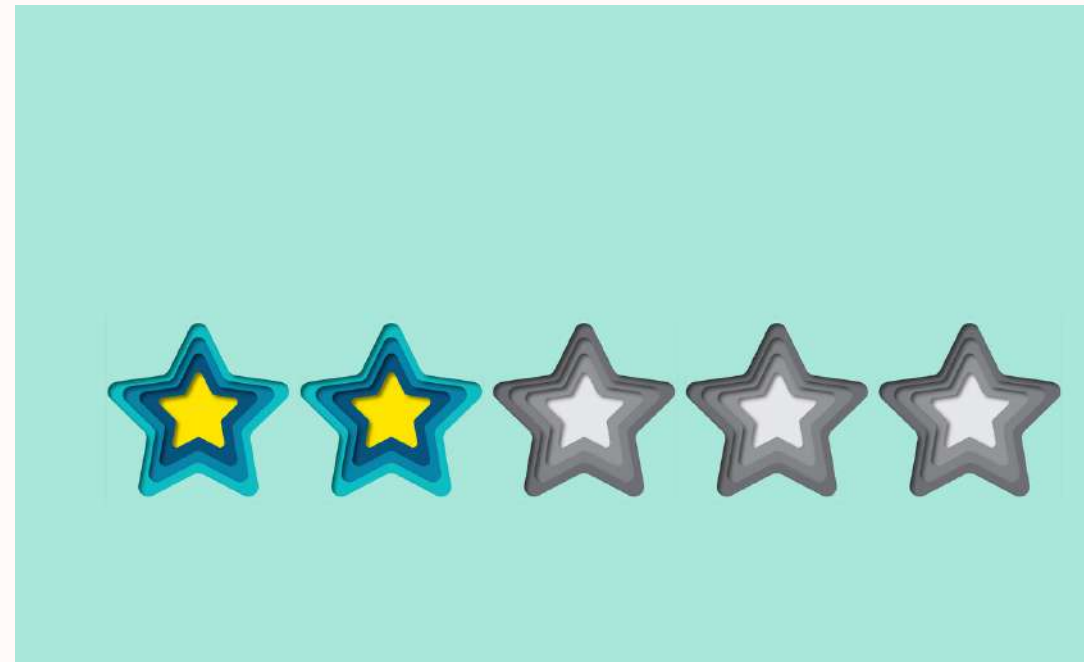


The Pleasure *Principle*

Factors



Preferences



Experiences



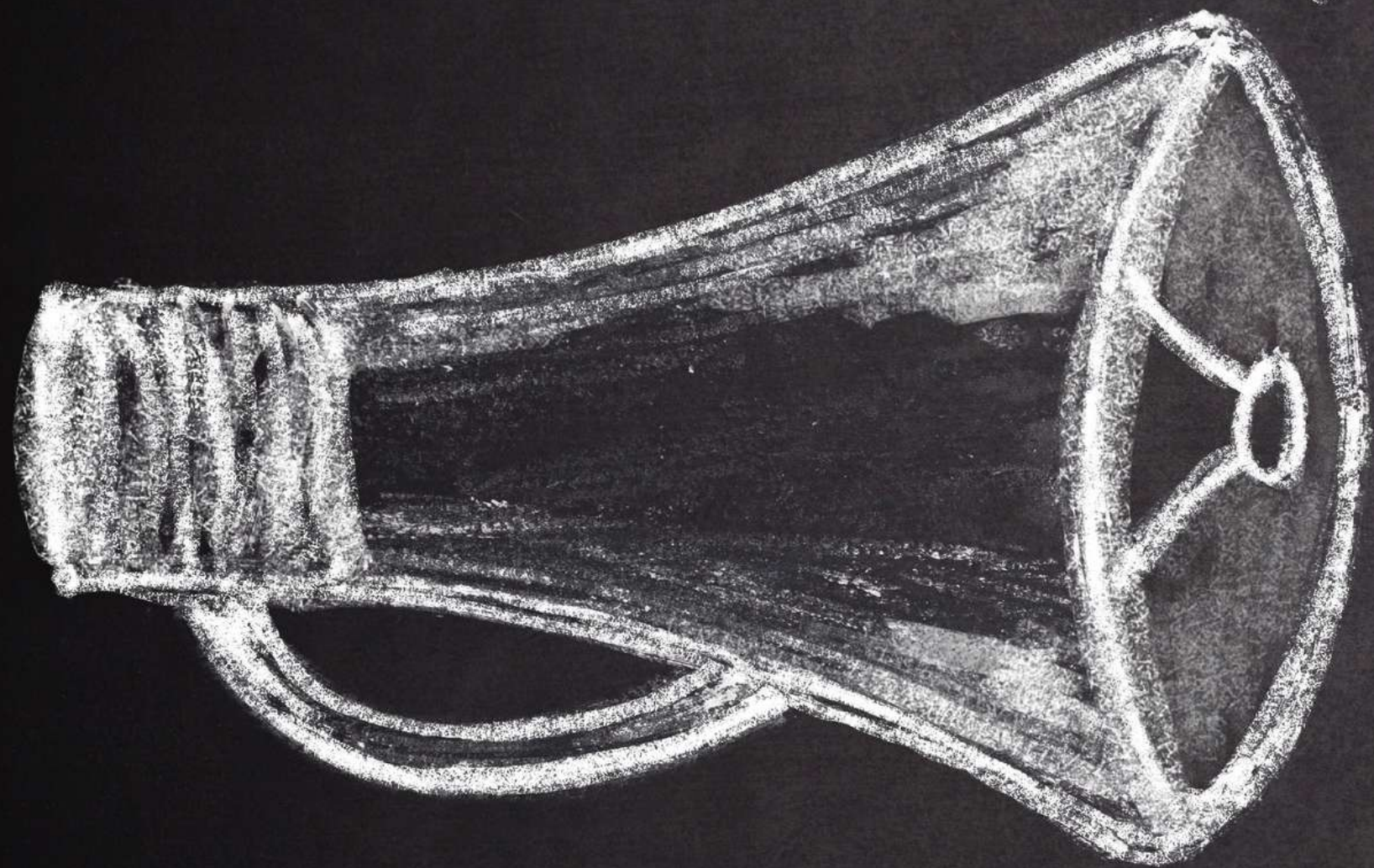
Influences











SAY NO

Three Lists



Daily

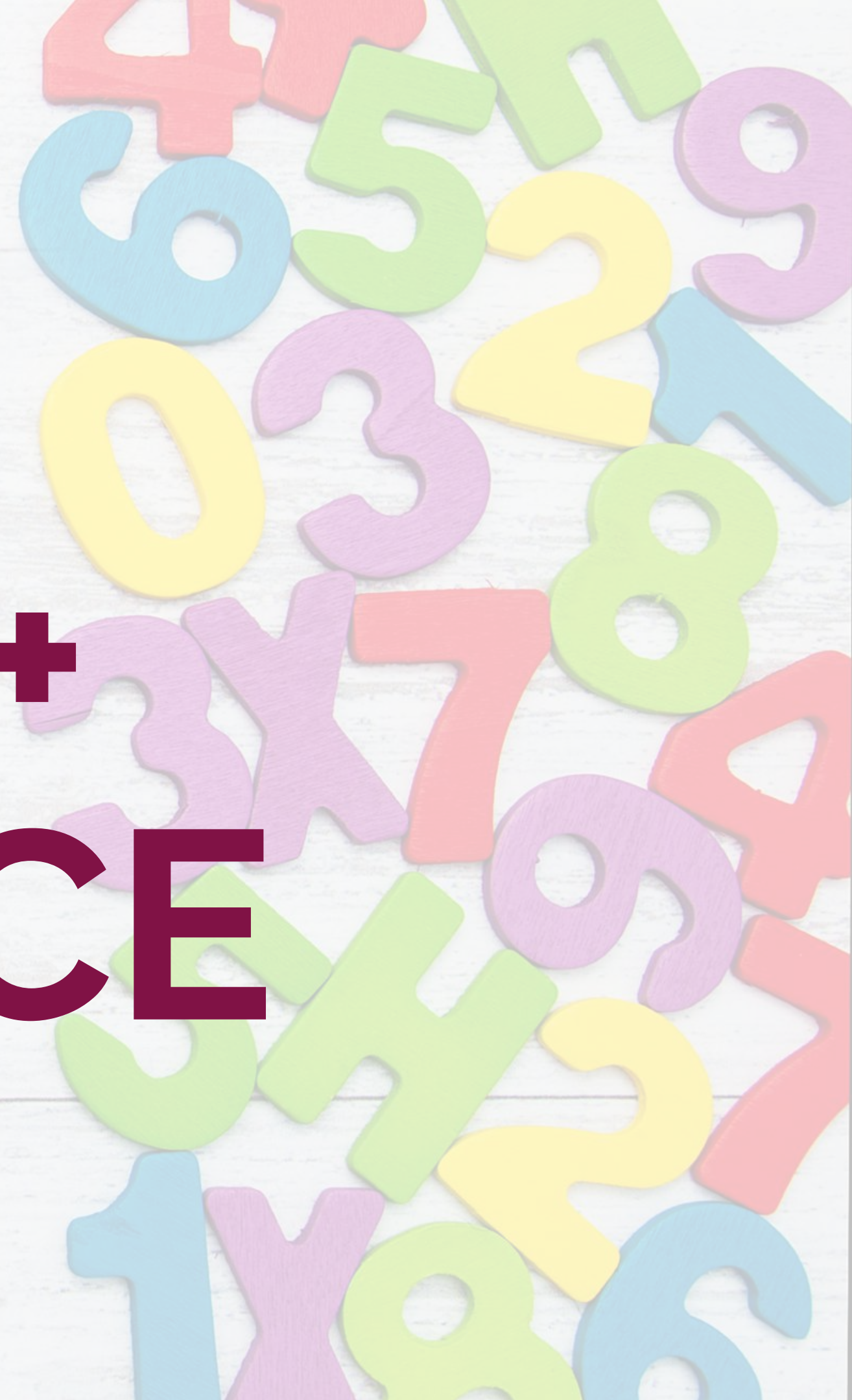


Weekly



Monthly

JOY + TIME +
IMPORTANCE



GROWTH MINDSET

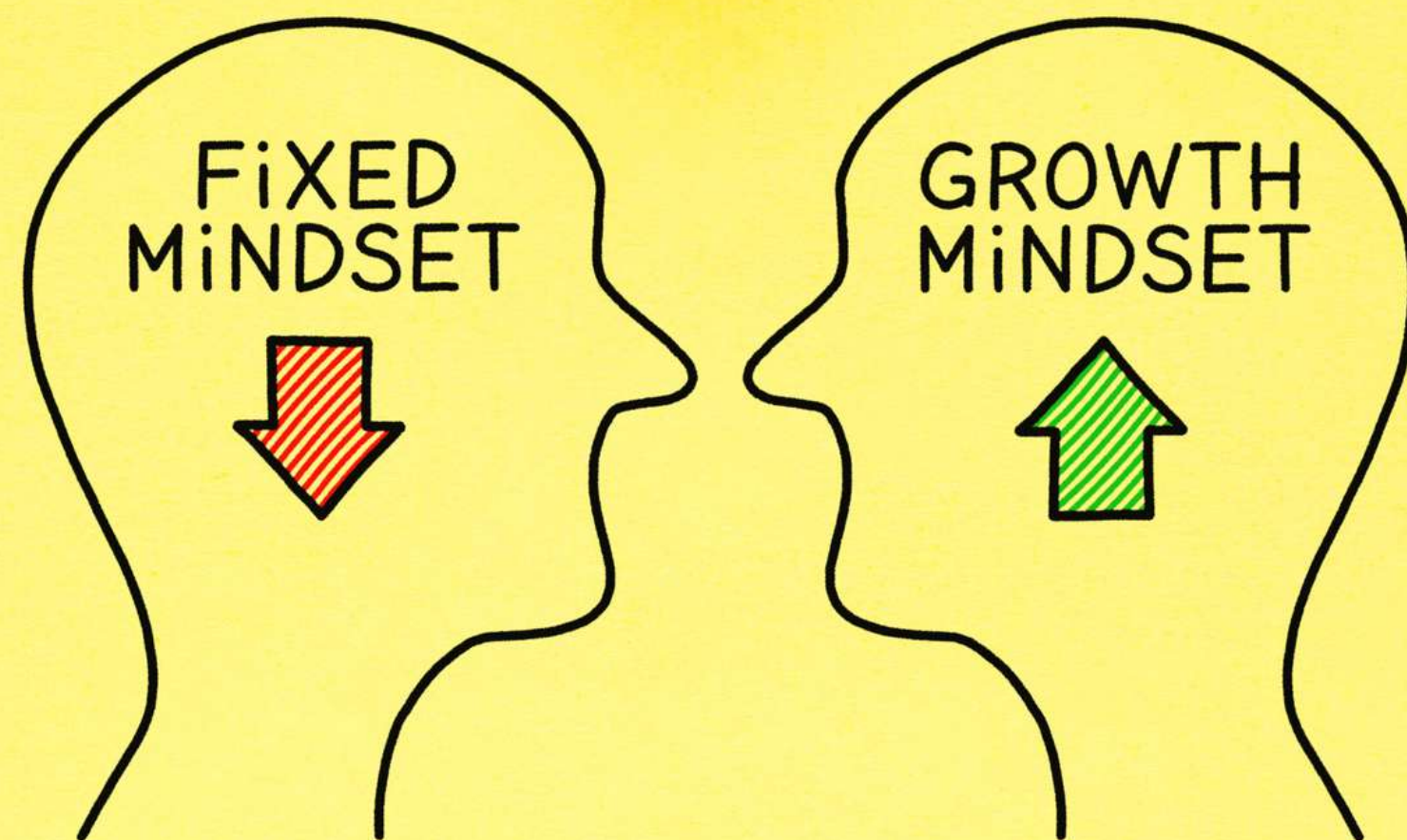


NOBODY
IS
PERFECT

US
US
IA

BELIEVE





”



**GROWTH
MINDSET:
ADAPTABLE,
FLEXIBLE, AND
CONSTANTLY
EVOLVING**

GROWTH MINDSET

1. EMBRACING CHALLENGES
2. LEARNING FROM CRITICISM
3. VALUING EFFORT
4. BELIEF IN CHANGE
5. SEEK EDUCATION



WHAT
DID
I
LEARN?



I am _____

Mantras



Specific



Present



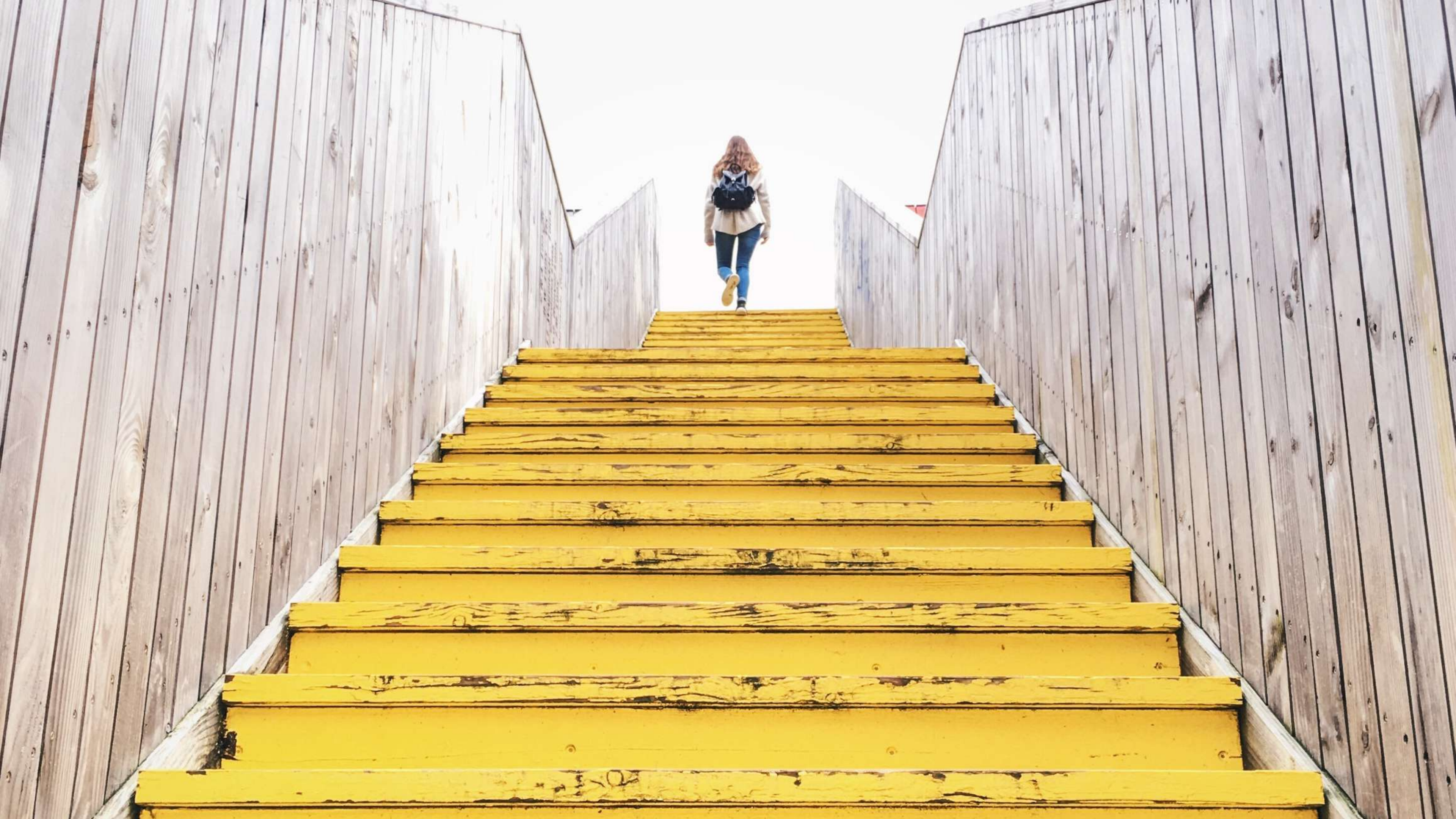
Meaningful

WHEN TO MANTRA

1. WARM-UP
2. ISOMETRIC HOLDS
3. REST INTERVALS
4. TO SLOW THE PACE
5. NEGATIVE TIMES
6. COOL DOWNS

PICK YOUR HABITS





”

A HABIT IS AN
AUTOMATIC
BEHAVIOR
SHAPED BY CUES
AND REWARDS

STEP
1

STEP
2

STEP
3

CUE

REWARD

ROUTINE







SYSTEM



A decorative graphic on the left side of the slide. It features a vertical column of five interlocking gears. The gears are rendered in a light blue, wireframe style. A diagonal band, composed of two overlapping translucent blue shapes, runs from the bottom-left corner towards the center, partially overlapping the gears.

”

A **SYSTEM** IS A
PROVEN PROCESS
OR CONFIRMED
HABIT



”



**CUSTOMERS
PURCHASE BASED
ON TRUST,
CREDIBILITY, &
LOYALTY**





1998

1999

2001

2004

2005

2007

2008

2009

2010



HABIT BLOCKERS

1. DOESN'T TIE TO YOUR WHY
2. TOO MANY
3. TOO FAST
4. TOO BIG
5. FAILED HABIT CREATION







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2	3
4	5	6	7	8	9
11	12	13	14	15	16
18	19	20	21	22	23
25	26	27	28	29	30

HABITS TO SCHEDULE

1. **CREATING SOCIAL MEDIA**
2. **CLIENT EMAILS**
3. **LEAD GENERATION**
4. **AWARENESS EVENTS**
5. **TASKS YOU HATE**



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Confidence



Know What
You Like



Believe In
Yourself



Pick Your
Habits



MAKE THIS

WORLD

BETTER



THANK YOU

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