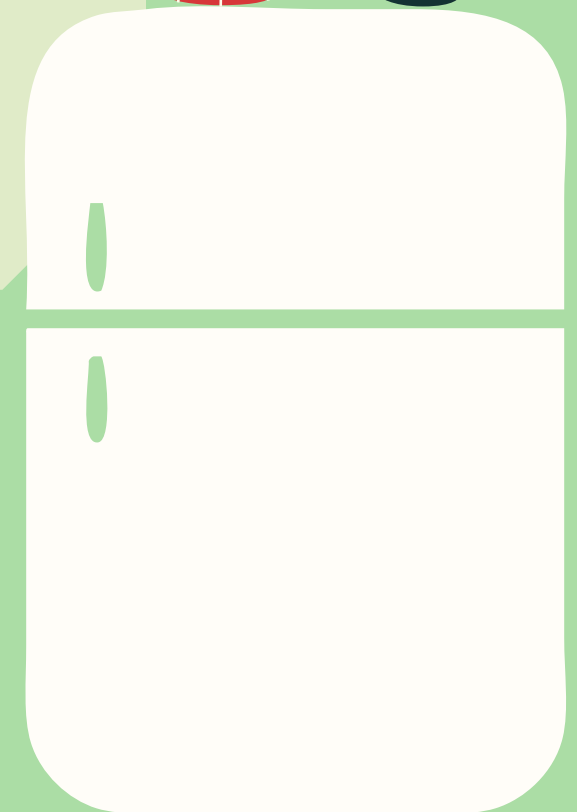




Setting Yourself Up For Success

Presented by: Jenna Hagerty & Casey Qualls





“The Fridge Mindset”

What’s in the fridge??

Top shelf items: A sunset icon, a goal sheet titled "GOALS:" with a list of five numbered lines, a lightbulb icon, and a pineapple wearing sunglasses icon.

Discard expired thoughts

Cleaning and Organizing

Bottom shelf items: A sign with the text "It's time to declutter your mind the way you declutter your fridge." and a large orange letter 'A' at the bottom.

Prep for the future

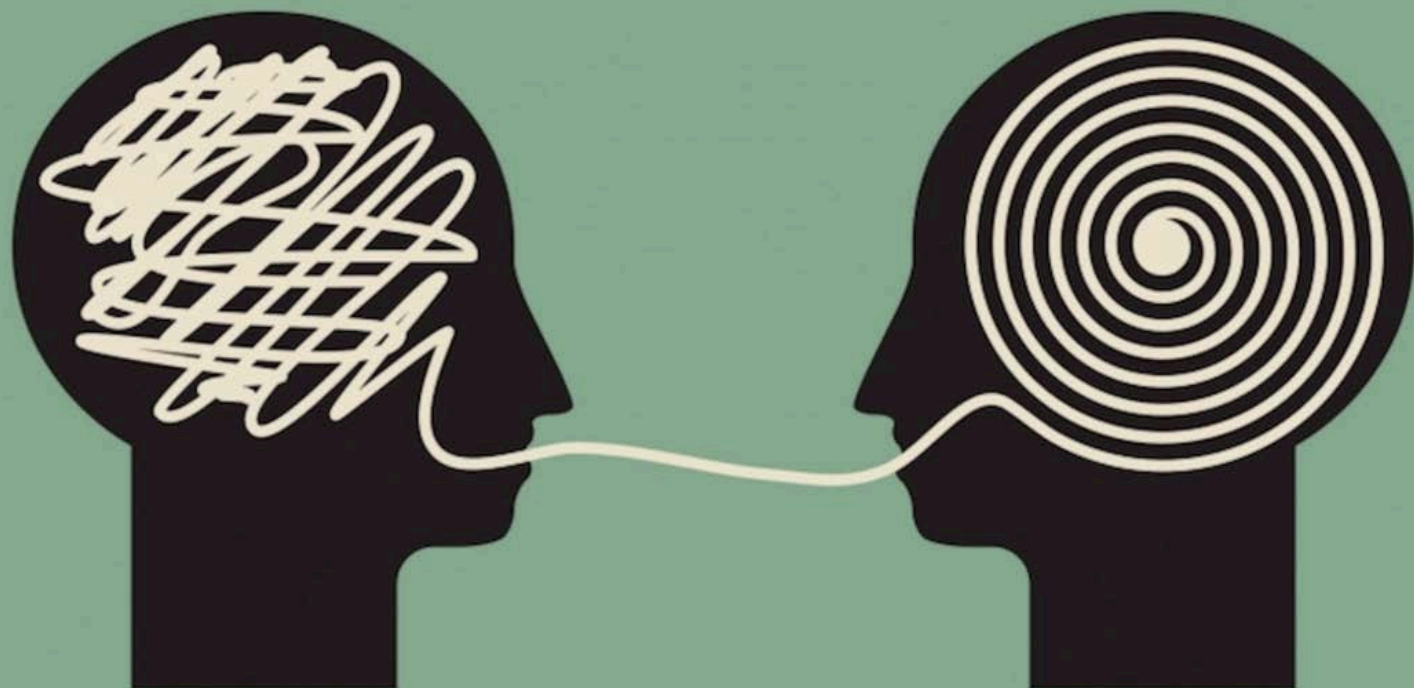


What's in the Box?

**What can clutter
your mind?**



- **An over stocked refrigerator leads to foods being forgotten, dried out, and rotten.**
- **Did these foods have a purpose for future use?**
- **Psychological Breath.**
- **Visualize the end product.**





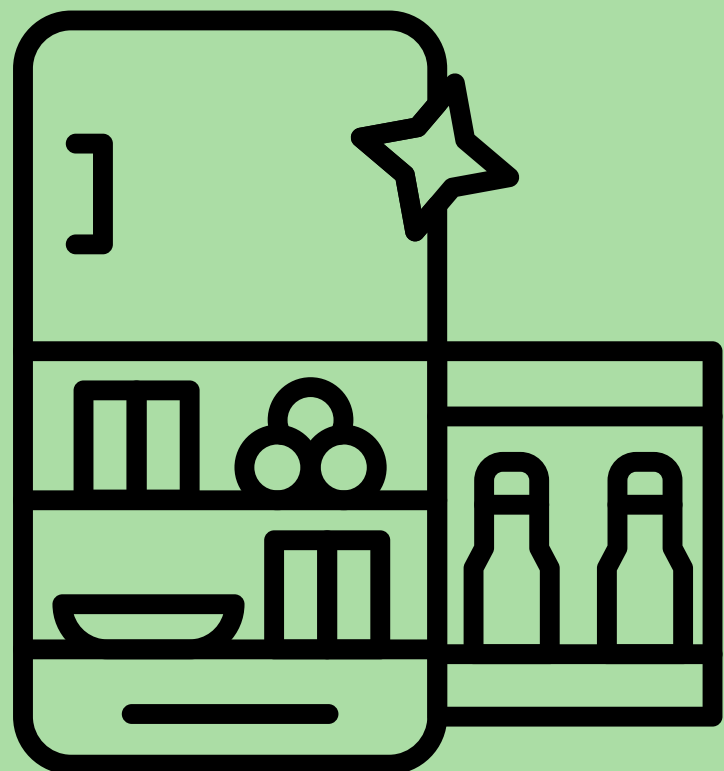
Discard Expired Thoughts



- Time to check for expired items. Anything past its prime that might cause harm if consumed goes straight into the trash.
- What thoughts or concerns have expired?
- Past events that you can't change or ideas that no longer align with your goals. Identify these mental "leftovers" and make a conscious decision to let them go.



Cleaning and Organizing



- **This is an opportunity to clean the containers and arrange everything in a manner that feels best. Clean spaces allow for new opportunities.**
- **place frequently-used items at the front, making them easy to grab.**
- **Refine your thoughts. You might set realistic goals related to these thoughts, or you could schedule specific times to address them.**



Make a Visual Reminder

Make a Winning/WWHL board somewhere you can see it daily! make one physically or digitally to help stay encouraged through the process!





Article QR Code





References



- 1. Poje A. The fridge mindset: Decluttering your mental space for success. Medium. September 7, 2023. Accessed September 26, 2024. <https://medium.com/@andrewpoje/the-fridge-mindset-decluttering-your-mental-space-for-success-c6fbd0b1c543#:~:text=The%20%E2%80%9CFridge%20Mindset%E2%80%9D%20approach%20draws,and%20fulfillment%20that%20await%20you>.**
- 2. Cleveland Clinic. 10 ways to stock your fridge for Weight Loss. Cleveland Clinic. September 18, 2024. Accessed September 26, 2024. <https://health.clevelandclinic.org/10-ways-to-stock-your-fridge-for-weight-loss>.**