

# BADASS DIABETIC I AM I™

## CHAMPIONS

Stay focused; Are accountable for their results;

Have effective communication; Are in control;

Know what needs improvement; Have a strong

sense of motivation; Develop holistically as a

person, not just as an athlete; Have a strong

network of support from family and friends;

Believe in themselves; Appreciate the journey;

Trust and commit to the process of growth;

and Achieve extraordinary results!

## OUR TRAINING SYSTEM

Identifies your disempowering patterns and associated thoughts and emotions:

Teaches you how to interrupt the thoughts and emotions that trigger self-defeating patterns;

Increases your focus, motivation, intentionality, commitment and drive;

Produces increased results

## WHAT YOU CAN EXPECT

Feel turned on and alive

Desire to be accountable

Confidence to tackle any challenge

Increased capacity to create results

Interactive weekly goal/mindset tracking

Weekly calls with a supportive community

Weekly coaching that creates breakthrough

## 12 WEEK MINDSET COACHING SERIES

This coaching resource was created to support you at achieving remarkable results in your life! The educational training system teaches participants how to create new relationships with the thoughts, emotions and excuses that previously kept them from reaching their goals.

## ABOUT THE OWNER

With over 20 years of Personal Training and Life Coaching experience, Dan Bernard has worked with thousands of clients all over the World. Dan is a husband, father, T1D warrior, educator, motivator, and mentor. With his unique ability to be compassionate while truth telling,

Dan is well known for connecting with his clients in such a way that they begin to create results in their life that were previously unattainable.



Imagine a team with every person committed to the same goal - REALLY COMMITTED! A space where feedback and accountability are encouraged and desired. A group of people learning to put circumstances aside and produce results at a high level.

When you participate in a traditional training program and experience discomfort, you use your interpretation of the pain to reinforce your pre-existing thoughts and feelings; “I can’t do it”. Eventually, you quit. Whether you quit prior to meeting your goals or after achieving your goals - the results are the same - you end up back where you started!

It’s your mind that is, in so many ways, creating your results and stopping you from achieving your desired goals. People fall short of their goals because their disempowering thinking and feeling that takes over and creates your results.

## WHAT OUR CLIENTS ARE SAYING

“Dan is an amazing motivator, pushes you to your max without making you feel incompetent.....”

Angie

“Dan is super supportive and makes me feel my success is as important to him as it is to me.....”

Denise

“Coaching with Dan has transformed my mindset from impossible to possible.....” Renee

“Dan is a coach that creates movement in your life.....” Laura



For more information and registration:

[www.badassdiabetic.org](http://www.badassdiabetic.org)



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