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WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY * KIND HEART * FIERCE MIND * BRAVE SPIRIT

Worksheet #1 - June 2016 - I choose to move!

Do this one BEFORE you watch the tutorial! Remember - there are no wrong answers - so don't judge or edit yourself. Whatever is your first response is perfect!

How often do you move your body?

- Daily?
- 3-4 times a week?
- Twice a week?
- Hardly ever
- Nothing structured but I am running round all the time...that counts...right?

WHY do you exercise that often? WHY?

How much do you enjoy it?

How do you feel after?

Top excuses I usually tell myself as to why I can't or won't exercise today

- 1.
- 2.
- 3.

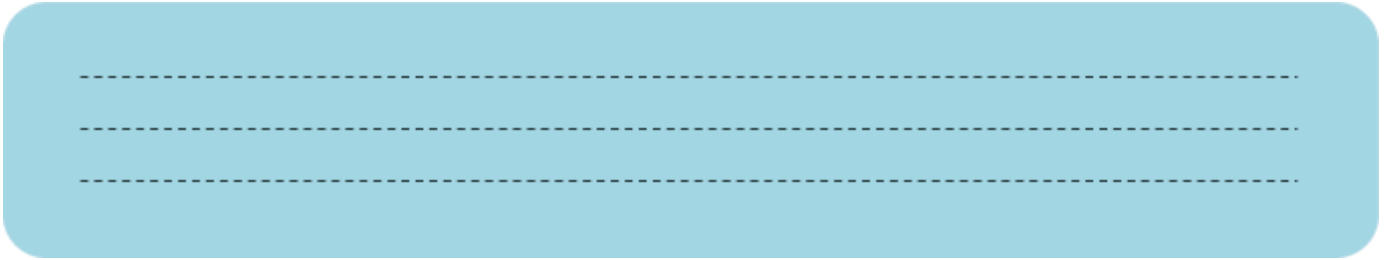
What I think about women who exercise regularly:

Women who exercise all the time are...

... and ...

... and also probably...

How do I talk to myself when I exercise? What is my self talk? Try and write it verbatim ...



Good work! Now go watch the tutorial!