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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 #2 - 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!

It is my intention to move my body in the following way, with the following frequency:

I intend to move my body doing and
..... , times a week.

So - my new minimum baseline is:

My new minimum baseline feels laughably easy! I could do that even on a really crazy pants day!

Yes/No

If the answer to the above is NO - you need a LOWER minimum baseline. Halve the above, at least.

My new minimum baseline feels laughably easy! I could do that even on a really crazy pants day!

Yes/No

WHY is this new commitment to Choosing To Move important to me?

What do I want to **BELIEVE** about exercise?

HOW do I want to talk to myself when I exercise?
What do I want my self-talk to be?

Good work! Now go watch the tutorial!