**~ Move to Improve ~ Worksheet 2 - June 2016**

Do this one AFTER 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 baselines feels laughably easy! I could do that even on a really crazypants day!**



Yes No

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

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|  |

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

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|  |

**HOW do I want to talk to myself when I exercise?**

**What do I want my self-talk to be?**

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| --- |
|  |

*Good work!*

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