



louise  thompson

WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ 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 baseline 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?

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!

A handwritten signature in cursive script that reads "Louise". The signature is written in black ink and includes a stylized flourish at the end.