

I EXERCISE MINDFULLY

My mind and body are connected. I make my workouts a physical, mental, and spiritual activity.

I listen to my body. I choose workouts that match my abilities. I play tennis or go running when my energy is high. I stretch or take a walk on days when I need to be gentler with myself.

I pay close attention. I notice how each movement feels.

I vary my routines. I make progress and maintain motivation by creating new challenges. I look forward to trying different activities and discovering the results.

I head outdoors. Green spaces and natural beauty give me more energy. I ride my bike around the neighborhood or play volleyball on the beach.

I invite others to join me. I use my workouts to spend more time with family and friends. We share encouragement, conversation, and laughter.

I lift my spirits. Working out makes me feel stronger inside and out. I reduce daily stress and anxiety. I feel happy and calm.

I think about my purpose. I discover my own reasons for staying fit. I tone my body and increase my chances for a long and active life. I sharpen my thinking and elevate my mood. I care for my body and treat it like a sacred space.

Today, I honor the connection between my body and mind. I use exercise to enhance my overall wellbeing. Mindfulness makes my workouts more satisfying and enjoyable.

REFLECTION QUESTIONS

1

How can I make my workouts a more mindful and holistic experience?

2

What are some ways I can vary my exercise routines to stay motivated?

3

How does exercising outdoors and with others enhance my workout experience?