

WHEN I AM PHYSICALLY FIT, I FEEL INVINCIBLE

I take my physical fitness seriously. My mind works most effectively when my body is in shape. So I take care of myself and schedule regular checkups with my doctor to ensure I am healthy. I feel like I can do anything when I am physically fit.

When I exercise in the morning, I feel renewed. All my senses are alive and kicking. I am able to be creative and productive at work.

I am able to endure life's challenges because I can overcome the challenges of my workouts.

My workouts increase my endurance. When my kids want me to run around with them, I am able to do so, even after a long day at work.

Physical fitness also involves the wellness of my mind. I set aside time for relaxation, so I can cope mentally. I visit the spa or get a pedicure to help me to relax. When I pamper myself, I feel rejuvenated and ready to take on anything that comes my way.

At other times, I splurge on a new outfit or a dinner out at a nice restaurant. I am deserving of these special indulgences as a reward for maintaining a healthy body.

Today, I commit to continuing my physical fitness journey. I want to be active and achieve longevity in my life. I do everything with fervor and purpose when it comes to health and fitness.

REFLECTION QUESTIONS

1

What physical activities help me feel strong and energized?

2

How can I maintain a balanced fitness routine that includes both physical and mental wellness?

3

How can I reward myself for maintaining my health and fitness goals?