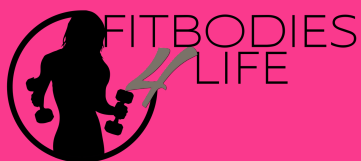


YOUR

Finding Your Fitness Why

*People with vague or uninspiring
fitness goals or no goals are
always the first to quit!*



WHY

STEP #1: WHAT DOES YOUR IDEAL BODY LOOK LIKE VISUALLY?

Describe below. Find a picture or 2 and save to phone, or print off and post on vision board!

STEP #2: WHAT DOES YOUR IDEAL BODY FEEL LIKE?

For example, more energy, better mood, fewer aches and pains, better sleep, etc. Describe below.

CREATE 10 POSITIVE AFFIRMATIONS

Include positive things about yourself and what you want to become...your future self!

Start your statements with "My" or "I."

EXAMPLES:

- I AM FULL OF ENERGY
- I AM FOCUSED AND DEDICATED
- I HAVE NO ACHES AND PAINS IN MY JOINTS
- I AM BUILDING MY DREAM BODY
- I AM POSITIVE NO MATTER WHAT COMES MY WAY TODAY
- I AM AWESOME
- I AM BEAUTIFUL
- I BELIEVE IN MYSELF
- I AM EXCITED TO DO MY DAILY WORKOUT
- I ENJOY MY FOOD AND LOVE HOW IT MAKES ME FEEL

STEP #3: WRITE OUT YOUR POSITIVE AFFIRMATIONS.

*Use the space below to write out your positive affirmations.
Read or write these daily.*

STEP #4: WHAT IS YOUR WHY?

Why do you want to achieve the everything you just laid out in your affirmations?

These are the things that put a smile on your face. These are your goals and what you are focused on.

YOUR WHY + GOAL EXAMPLES

- I WANT TO BE MORE CONFIDENT
- I WANT TO FEEL ACCOMPLISHED
- I WANT TO LOOK AND FEEL GOOD IN MY CLOTHES ON VACATION
- I WANT TO FEEL SEXIER
- I WANT TO ENJOY MY GRANDCHILDREN AND BE ABLE TO PLAY WITH THEM
- I WANT TO SET A GOOD EXAMPLE FOR MY KIDS AND FAMILY
- I WANT TO LOOK GOOD IN MY GYM CLOTHES
- I WANT TO PLAY SPORTS BETTER
- I WANT TO BE MORE ACTIVE
- I WANT TO FIT INTO MY SKINNY JEANS

I encourage you to regularly look at your pictures you have saved, read and write your affirmations daily and review your "why's." When you feel like quitting or you are feeling too tired to train, this will give you the power to persevere!