

Making Exercise a Part of Your Every Day Life - Worksheet

MINDSET

Why do you want to exercise? Be specific about the benefits you want to receive.

What positive exercise results can I visualize?

What types of exercise you like?

What other activities do you enjoy (sports, hiking, photography, etc.)?

How could you incorporate these hobbies/activities into your exercise routine?

What (if anything) is currently preventing you from exercising daily (physical & mental)?

How are you planning to get around these blockers?

What tools or technology do you need to stay motivated, track progress and reach your goals?

Who do you know that will be supportive of you?

Who do you know that will NOT be supportive of your lifestyle change? Avoid these people as much as possible until you have a solid routine and new habits formed.

How do you plan to respond to the naysayers?

What motivates me to make progress?

What stops me from making progress?

EXERCISE GOALS

What is your ultimate goal?

How do you plan to reach this goal?

In order to reach your ultimate goal, what will you do each month?

In order to reach your monthly goal, what will you do each week?

In order to reach your weekly goal, what will you do each day?

ADDITIONAL THOUGHTS
