

8. MAKING YOURSELF PROUD

After this challenge, you will have thought about what motivates you to stay active. You will start to separate how you feel about doing activities for others and how you actually feel about the activity itself. You will also take some time to think about whether you should try different activities instead.

CHALLENGES

#1.

(20 MIN)



Write down the physical activities you're doing right now and why you're doing them.

- Be honest with yourself, are you doing them because you actually enjoy them? Or are you doing them because you feel guilty if you don't, or because you're worried about what others might think, or just to make other people happy?

#2.

(30 MIN)



1. Think about 3 physical activities you'd love to do just because they make you feel good or you enjoy them. These don't have to be sports—they could be simple activities that are part of your daily life.

For example, maybe going for a walk with a friend, biking to work, or getting off public transport a stop early.

2. Write them down and think about how they make you feel!

 **Be active**

Be well 

PRINT THIS SHEET AND SLAP IT ON YOUR WALL TO GET STARTED TODAY!



#3.

(10 days)



You don't have to completely give up the activities you're doing because you feel pressure from others.

But try to add one of the activities you listed in question 2 into your routine over the next 10 days.

Aim to do it at least 4 times during that time.

It's all about finding ways to enjoy being active for YOU!

"When you choose activities that genuinely make you happy, staying active becomes less of a task and more of a treat!"



Be active

Be well



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