

9. LEARNING ABOUT YOURSELF

After this challenge, you'll realize that being active isn't the only thing people judge or value you for. They see you as a person with many different strengths. This helps you separate your motivation from seeking approval or validation from others. It's about focusing on what makes you feel good, not just what others think!

CHALLENGES

#1.

(20 MIN)



Write down the physical activities you do mainly to show off or impress others. Be honest with yourself, are you doing these to look good in front of others, or because you genuinely enjoy them?

#2.

(45 MIN)



Talk to 3 friends or family members and ask them how they see you as a person. What do they think are your most important values? Ask them to write these down for you and give them to you.

Do they value you based on how active you are, or are there other things they appreciate more about you?

#3.

(10 DAYS)



1. Pick a physical activity you enjoy and do it **by yourself** at least 4 times over the next 10 days. It's a great way to connect with your body and mind without any outside influences.

 **Be active**

Be well 

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Focus on how you feel during and after the activity, rather than worrying about how others might see you.

2. Write down your feelings during and after the activity in an exercise and feelings journal (like the one below).

If you usually share your workout online, try keeping these solo activities just for you, keep them offline or private, and really focus on how it feels for you.

Example journal:

Date	Activity	Feelings during	Feelings after

"Your worth isn't measured by how active you are—it's in the unique strengths and values that make you, YOU. Embrace what feels good!"



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