

Mindful Fitness

PERCEPTION: HOW DO YOU VIEW YOURSELF & FITNESS

#01

NEGATIVE PERCEPTIONS

When you think about losing weight or getting in shape, what negative thoughts do you have about the process? For Example, "I don't have time."

#02

PERCEIVED DOWNSIDES

What do you see as a downside to being in shape? For example, "I'm afraid to change and then fall back again."

#03

PERCEIVED UPSIDES

What do you see as an upside to being in shape? For example: confidence, energy.
