

2021 FITNESS PLANNING PARTY



Day 1 Journaling Prompts

How have you defined consistency in the past when working on wellness goals? Where are there potential discrepancies from the definition of consistency provided in today's session?

Where can you see rigidity currently at play in your fitness + nutrition? How does this potentially cross over into other areas of your life as well?

Using your answers from the previous question, what are some ways you can incorporate more flexibility in your fitness approach? How will this benefit you both now and in the future?

What can you predict your inner critic voice might say to you when you give yourself permission to not be perfect? How will you handle this scenario when it comes up?