

# 2021 FITNESS PLANNING PARTY



## Day 4 Journaling Prompts

When thinking about scaling back your intensity of workouts during certain seasons of the year, how does that make you feel? Write down anything that comes to mind.

For the feelings you identified in the previous question, now answer WHY you feel that way. For example, if it excites you, why? Maybe you are looking forward to feeling less self imposed stress in a certain month. If it worries you, what about it is so concerning?

For each of the 5 overthinking barriers listed below, free write anything that comes to mind for you as you look back at the plan you mapped out for yourself on day 3. Try and pinpoint any limiting beliefs you carry in these areas.

- Not doing enough:
- Gaining weight:
- Losing progress/going backwards:
- Not being able to predict the year:
- Having too many or too little goals:

For any disempowering thoughts that you listed in the previous question, flip the script and create a more empowered story for yourself. What would you tell someone else in your life if they told you they were worried about X?