

# I achieve my physical fitness goals

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I take my physical fitness very seriously.

***Maintaining a fitness regimen boosts my health and wellness.***

Making a schedule for working out is important to me. I commit to using workout time for exercise. When I follow through with that, it drives me to be productive in other aspects of my life.

Maintaining physical health keeps my mind clear and active. I am more efficient at work when I make exercise a part of my regular routine. ***Exercise also makes me feel happy so I can manage stress much better.***

I split my workout time between strength training and a sport I like. Including a favorite sport makes exercise more enjoyable and I appreciate getting health benefits from doing something I enjoy.

One of my main goals is to develop endurance. I achieve this goal by including cardio in my workout regimen. ***Having endurance makes it easier for me to take on physically trying activities.***

Strength training is also important to me. It helps to build physical strength and inner confidence. I feel better about my body when my muscles are defined and lean.

I am better able to play with my kids and enjoy the outdoors when I am fit. ***My overall quality of life increases when I am physically healthy.***

Today, I believe in the results that physical fitness can bring. I love the confidence boost I get when my body shows those results. I commit to maintaining a workout regimen, even with time constraints. After all, a short workout is better than none at all.

## Self-Reflection Questions:

1. Is it easier to work out when I have the company of friends or family?
2. How can I turn chores into workout opportunities?
3. Do I set aggressive fitness goals?