

Mindset Reset for Exercise

Read this out loud, every day. Or you might also want to record it in your own voice and listen to it on a loop. Remember, this is a fun exercise to help you shift your thinking about exercise, to allow yourself to think about it in a positive, hopeful, and even a fun way. Tweak it so that it feels right for you.

I hate exercise. There, I said it. I always have. It hurts, it's embarrassing in this body of mine. UGH, boo.

BUT, I do like the idea of moving with grace and ease in this body of mine.

And I know in my head "exercise is good for me".

I believe that if I change my thinking about exercise, I can change my feelings about exercise, and if I change my feelings about exercise...I just might find myself enjoying it and enjoying the benefits of doing it.

I am open to changing my thinking about exercise-

Even though it seems hard to imagine myself as someone who thinks about exercise as something fun and rewarding-I can see how that different thinking would make a big difference.

It would make the planning, scheduling, DOING not drudgery but *choice*.

I love the idea of looking forward to exercising, being excited about it.

I like thinking about being proud that I did exercise.

I love the idea of my body feeling good, moving without pain, with grace-no matter its size.

I can be an exerciser without having to work out like a professional athlete,

I can learn to move my body in healthful ways that are fun

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I can learn to move my body in healthful ways that are fun

My body was designed to move, designed to feel good

I am ready to start enjoying the idea of exercise,

I am ready to learn what I need to do to move my body in healthful ways that are fun

I look forward to moving my body in healthful ways that are fun

And I am ready to start

Right. Now.