

Writing Prompts: Practicing Affirmations

- Desire to move the body for health and enjoyment.
- Ability to explore and find enjoyable movement options.
- Ability to identify steps toward adding enjoyable movement.

Writing Prompts: Practicing Affirmations

- Willingness to commit to moving the body in enjoyable ways.
- Being able to engage in enjoyable movement.
- The effort to engage in enjoyable movement in consistent and sustainable ways.
- Insight after engaging in enjoyable movement.