

Saturday Morning Ritual

Episode 22: Exercise Redefined: Finding Fun and Fulfillment in Movement



HOW DO MY VICTORIES MAKE ME FEEL?

WHAT CAN I LEARN FROM MY SETBACKS? MY PLAN TO CARRY ON IS?

WHAT ARE MY INITIAL THOUGHTS ON EXERCISE?

DO I HAVE ANY RESISTANCE TO EXERCISE? WHAT FEELINGS COME UP

HOW CAN I ENJOY MOVEMENT AND MAKE IT PART OF MY LIFE?

PLANNING FOR THE WEEK AHEAD



*Episode 22: Exercise Redefined: Finding
Fun and Fulfillment in Movement*

Saturday Morning Ritual

www.adventuresofdeanna.com

Affirmations:

1. My body is capable of amazing things, and I honor it with every movement.
2. Each step I take brings me closer to my health and wellness goals.
3. I move with grace, strength, and intention.
4. Every breath I take fuels my body with energy and vitality.
5. Movement is my gift to myself, a celebration of what my body can do.
6. I am in tune with my body's needs, and I honor them through movement.
7. With each stretch and bend, I release tension and invite relaxation.
8. I embrace the rhythm of life, moving with flow and ease.
9. My movement is a reflection of my inner strength and resilience.
10. I welcome the opportunity to connect mind, body, and spirit through movement.
11. Every movement I make is a step towards greater health and happiness.
12. I trust my body's wisdom and follow its lead in all forms of movement.
13. Movement is not a chore but a privilege, and I approach it with gratitude.
14. I am empowered by the strength and flexibility of my body.
15. Each moment of movement brings me closer to my best self.
16. I release any self-judgment and embrace the joy of movement.
17. My body is a temple, and movement is my way of worshiping it.
18. I am the architect of my physical well-being, and movement is my tool.
19. I move with purpose, passion, and determination.
20. With each step, I affirm my commitment to a vibrant and active life.



*Episode 22: Exercise Redefined: Finding
Fun and Fulfillment in Movement*

Saturday Morning Ritual

www.adventuresofdeanna.com