

JUMP-START: FINDING THE MOTIVATION TO EXERCISE

WORKSHEET

Achievement

Adventure

Authenticity

Authority

Autonomy

Balance

Beauty

Boldness

Challenge

Citizenship

Community

Compassion

Competency

Contribution

Creativity

Curiosity

Determination

Fairness

Faith

Fame

Friendships

Fun

Growth

Happiness

Honesty

Humor

Influence

Inner Harmony

Justice

Kindness

Knowledge

Leadership

Learning

Love

Loyalty

Meaningful Work

Openness

Optimism

Peace

Pleasure

Poise

Popularity

Recognition

Religion

Reputation

Respect

Responsibility

Security

Self-respect

Service

Spirituality

Stability

Success

Status

Trustworthiness

Wealth

Wisdom

Activity 1: Below, write your top 3 Core Values from the list to the left, or write in your own if they're different from the list. Then write an exercise that corresponds to each value.

Core Value

Exercise

1. _____
2. _____
3. _____

Activity 2: Below, write 3 ways you will add choice and flexibility.

1. _____
2. _____
3. _____

Activity 3: Below, write how you will create small successes and reward yourself.

1. Goal: _____
Reward: _____
2. Goal: _____
Reward: _____
3. Goal: _____
Reward: _____

Activity 4: Below, list 3 ways you can make exercise feel good.

1. _____
2. _____
3. _____