LESSON 3 EXERCISE

Your Health & Fitness Purpose

Step 1: Take a moment and **write down your purpose** for making your **health and fitness** vision a reality. Why do you want what you want? What are the most compelling reasons for you having that ideal health and fitness?

Step 2: Is your purpose stronger than your obstacles? Get in touch with the immense price that you're paying every single day for not changing your behaviour. And get in touch with a new life that's waiting for you if you change that behaviour. How much pain are you experiencing now because of this behaviour? And what your future will be and feel like if you continue to live with this bad habit or behaviour?

Step 3: Write down your purpose for health and fitness and make it emotional and personal to yourself. Read it every day with a feeling and you will see how powerful it is.