

I AM COMMITTED TO A DAILY FITNESS ROUTINE.

I know that exercise strengthens my health, boosts my mood, and elevates my mind. I am determined to make exercise an automatic part of my daily routine.

I focus on a regular workout schedule that is easy to maintain. **My exercise routine has enough challenges to be interesting, but it is also easy enough to do every day.**

My routine has a mix of different exercises that work in harmony to exercise every muscle in my body. My chosen routine is a part of my goal to achieve better health and fitness. It is also an essential element of my well-being.

My lifestyle reflects my commitment to my new exercise habit.

I add my workout to my schedule every day and ensure to have ample time to complete my whole workout. I am able to stay focused on my exercises until they are done.

I am in charge of my fitness and routines. I decide which exercises to do and how often to do them. I am able to find the best routines for my body and mind. However, I also work with others when they offer knowledgeable suggestions for a more beneficial workout.

Today, I am thankful for my daily fitness routine. It boosts my health and helps me stay in shape with ease.

SELF-REFLECTION QUESTIONS:

1. How can I stay on track with my daily fitness routine, even when I have excuses to skip it?

2. How can I help my family understand the importance of daily exercise in my life?
3. How can I encourage my friends to join me and create their own daily fitness routines?