



Session # 4: Action Guide

Linking Pleasure to Movement!

My Big MOFA's:

-
-
-

Three words that **describe the me I am stepping into** by the end of this program are:

- 1.
- 2.
- 3.

My Mental Rehearsal For Success:

Put a check mark next to each day when you complete your mental rehearsal:

- Day One
- Day Two
- Day Three
- Day Four
- Day Five
- Day Six

My Action Steps For This Session Are:

- 1.
- 2.
- 3.
- 4.