

## The activity/identity connection

No matter what hat we're wearing at any given moment (parent, cook, doer of all the things...), how we think about ourselves and our abilities impacts what we actually do. It even helps determine what we take on in the future. Physical activity is no different. How much we're willing to label ourselves "exercisers" plays a direct role in our fitness routine. Thinking of ourselves as an exerciser? We're more likely to get moving. Once we start regularly moving? We're ready to call ourselves the next Serena Williams or The Rock (reader's choice).

### WHAT TO DO

Reframe your way of thinking to focus on your physical activity skills this week.

**1** Maybe you want to start running or conquer completing 10 press ups. You also might just be trying to exercise on a more consistent basis. Pinpoint your answers to hone in on what you truly want to do.

**2** No matter how small, think about those past times when you've been active. Running a full mile regularly might not quite be your thing, but you've probably found yourself running to catch a train or flight before.

**3** These are called your proof points. Use them to form a new thought based on that evidence. It'll help you to reframe your thinking of yourself as an exerciser: "I am a short-on-time-don't-be-late runner."

**4** Once you've identified that thought, repeat it to yourself at least once a day. Be sure to pay attention to any shifts over time in how you're thinking or what you're doing. And don't be afraid to try out another proof point if you need to!



What's your new thought? Share with us how you're going to remind yourself of it daily in your Connect Workshop Group!

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