



5-Day Challenge

Day 2

Finding your Passion

by
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Key Points

Today there is a bit more thinking for you to do.

First of all we need to check-in with where you are now, with the amount of physical activity you do and how you feel about your physical and mental wellbeing. This will be your line in the sand so that weeks from now you can look back and see how much progress you've made.

It's also a useful way to ensure that you begin any new activity at the right level for you. People who are most successful at lifestyle change do so gradually — not by chasing quick fixes. We are going to start super easy.

To do the check-in you simply need to fill in the questions on the next page. It's not complicated and shouldn't take long. Also the check-in is just for you, and you don't need to share into the group unless you want to.

Part 2 of today is to go deeper with your motivations, to find where your passion really lies and what is truly going to fire you up to make the changes you want to see.

Yesterday you identified benefits that were personal to you. Today I want you to go back and select the 3 most important. If you really want you can combine similar benefits into one, but make sure you have 3 distinct benefits at the end.

I'm then going to ask you WHY those benefits are important to you, why they matter and how they would change your life?

We need to really get under the surface with this, to the point that you begin to feel emotional about it. Emotion is what drives action. You may uncover some difficult feelings. Be kind to yourself, drink lots of water, and remember this is the beginning of change. I've got your back.



Part 1: Your Active Wellbeing Check-In

Answer the following questions based on a typical week. If you don't often have a "typical" week then base it on what you would consider your average - not the worst week and not the best.

1.1 How would you rate your current level of physical wellbeing: (1 = very poor, 10 = excellent)

1	2	3	4	5	6	7	8	9	10
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1.2 How would you rate your current level of mental wellbeing? (1 = very poor, 10 = excellent)

1	2	3	4	5	6	7	8	9	10
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1.3 How many minutes a week do you engage in the following kinds of activity?

- a. Vigorous exercise (e.g. Running, High Intensity workouts, Spin Classes, etc.)

- b. Moderate physical activity (e.g. jogging, fast walking, dancing, swimming, cycling, very active job, etc)

- b. General / gentle physical activity (e.g. Yoga, Pilates, Gardening, walking, housework, active job, etc.)



Part 2: Going Deeper

Yesterday you identified the benefits of physical activity that were important to you. Now go back to that list and select the 3 most important to you. Then, fill in the questions below. I've given you some space but if you need room to write more then go on to another piece of paper.

2.1 The 3 benefits which are most important to me are:

2.2 These 3 benefits really matter to me because:

2.3 If I was successful in gaining these benefits, my life would change in the following ways:

2.4 The best thing about being successful would be:



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What you need to post in the comments
in today's task post



DON'T POST SCREENSHOTS OF THE
WORKSHEET - REPLY DIRECTLY IN THE
COMMENTS ON TODAY'S TASK POST

1. The 3 benefits which are most important to me are:

2. The best thing about being successful would be:



Active
Wellbeing
Challenge



with Diane Brown