



OPERATION: FALL IN LOVE WITH EXERCISE

THE MISSION: To Fall In Love with Exercise & Movement

THE FEELING: Bliss, Joy, Adventure. This week is all about removing the barriers we have with exercise so that we can start having fun moving our body and being active.

THE BENEFITS: By removing the mental blocks we have about exercise and moving our body, we can make it a pleasurable and regular part of our routine.

YOUR ASSIGNMENTS: Do each activity at least once over the next seven days. Repeat as desired for maximum effect.

- **Affirmation Video Exercise (3 mins).** Shift your mindset and desire to move your body by repeating these affirmations. Positive
- **Visualisation Movie (8 mins).** Watch this video to be instantly inspired to move your body, explore new activities and see exercise as a fun and social aspect of your life.
- **End The Exercise Excuses - CBT Worksheet (15 minutes).** Link any behavioural or emotional links to your issues around exercise.
- **Hypnotherapy Session (40 minutes).** Exercise for fun, feel motivated to move and want to create active social plans.
- **Fun Activity Checklist. (10 minutes).** Choose your movement and start making some plans.

[Click HERE to play your sessions!](#)

