Let's Get Physical!

Cathy Thompson
LEADERSHIP

We are moving our body today to get motivated!

Choose 1 song from module 3. Dance around and do first pumps while listening to part or all of the song. Note your feelings.

How you feel BEFORE the activity:

How you feel DURING the activity:

How you feel AFTER the activity:

Now Power Pose and jot down your experience:

How you feel BEFORE the activity:

How you feel DURING the activity:

How you feel AFTER the activity:

Do you feel more motivated with one of the activities over the other? Can you see uses for both of these throughout your days or work weeks? Make some notes: