

mental rehearsal

What to do:

Customise this Mental Rehearsal to suit the Exercise or Movement that you would like to create a habit of. You will just need to replace the example of 'jogging' with whatever it is you want to do (eg Yoga, Swimming Laps, Going to the Gym etc)

Record yourself saying this, and then play it back daily (use your phone and headphones) so that you can help to anchor this as a habit.

The Script:

"I am standing in the version of myself that is 100% committed to building this habit and reaching my goal. I can see what beautiful day it is. I can feel the warmth of the sun and notice how eager I feel to start moving my body.

I am dressed in my favourite workout gear, I love how it feels against my skin. As I step out the door I notice the fresh air hitting my cheeks and I smile because I feel so excited to be starting my day this way. I am craving this movement!

My feet tap lightly on the pavement as I head out onto my street and start to pick up the pace of my walk. I can hear the morning birds chirping and can see some other people out exercising too. My legs are warming up now and I love that my muscles are getting stronger with every step, my lungs fill with the cool air and I know that I am in my power because I have chosen to do this for myself.

I smile really wide because I know that a daily movement habit like this, consistent, energises me and makes me feel alive!

Fresh blood, oxygen, nutrients are all pumping around my amazing body that is getting fitter and healthier with every step.

I begin to move into a slow jog now and I have to step off the pavement onto the grass of the park. I can hear the crunch of leaves underfoot, feel the dew from the grass spray up onto my legs. It feels so good to be outside!



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Ten minutes in now and I feel so good already. I'm jogging faster now, really enjoying every stride and breathing deeper, filling my lungs. I can feel with every breath out my stress goes with it, clearing all the mental and emotional clutter from my brain.

The sun is warming up now, I can feel it on my skin as I jog around the park, under the trees, out in the open, my feet landing lightly on the earth.

I have so much energy today that I decide to tackle a hill and so I turn away from the park towards the steepest hill. I can see from my eyes that it's steep, and the top is all the way ahead of me. I can feel my muscles burning and it feels great, I feel light and strong.

As I run I realise that there is only ONE of me in the whole world, and I am committed to be the best version of myself that I can be.

Moving my body like this makes me feel so powerful. I have more energy, I look amazing and all my clothes feel so great when I wear them. I feel more attractive, more confident, happier.. I can see the top of the hill now is so close. I keep powering up the hill, breathing hard but I am in control. I relax my shoulders, breathe in deeply in and out, in and out. I am focused, 100% in the present moment. I can feel my lungs expanding, feel my heart pounding in my chest. I savour the sensation of my legs burning.

I have reached the top of the hill now and I stop to catch my breath, noticing the sweat pouring off me which I love as I know that toxins are flushing out of my system. I feel euphoric and so grateful to have this amazing body that allows me to feel this, to achieve this. I stretch out my calves, my glutes, my hamstrings and quads and then begin to head home at a fast walk, enjoying the cool down as much as the run.

At home in the hot shower, feeling alive and energised I start singing my favourite song. I am so proud of myself for getting up and out of bed today. I feel so amazing and I am ready for an amazing day!



21 Day

Movement Tracker

It takes 3 weeks to form a new habit, so let's use this tracker to help you build a habit of movement!

Each day you need to complete the Mental Rehearsal AND do some movement and then you can tick it off on this chart.

Start Date

