

DESCRIBE YOUR MOST MEMORABLE WALK. A TIME YOU MOVED FOR THE SHEER PLEASURE OF MOVEMENT



DESCRIBE HOW YOU MOVE WHEN NO ONE IS WATCHING



DESCRIBE YOUR MOST MEMORABLE WALK. A TIME YOU MOVED FOR THE SHEER PLEASURE OF MOVEMENT







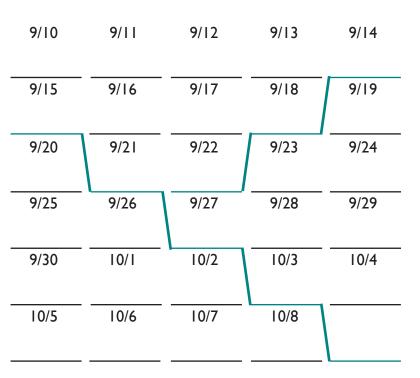
## TAKING FLIGHT ONE STEP AT A TIME

CHOOSE ONE THING THAT YOU WANT TO ACCOMPLISH WITHIN STEPTEMBER.

9/10	9/11	9/12	9/13	9/14
9/15	9/16	9/17	9/18	9/19
9/20	9/21	9/22	9/23	9/24
9/25	9/26	9/27	9/28	9/29
9/30	10/1	10/2	10/3	10/4
10/5	10/6	10/7	10/8	

CREATE A MANTRA, A MOTIVATIONAL PHRASE THAT SPURS YOU INTO ACTION,
THAT MOTIVATES YOU TO MOVE!

## SCILE DETA





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