

The Fun Fifteen



Week Four - Reflection

Pework Expectation: Watch this video from Athletica on working out with friends.
[BFF Workout 1 \(How to exercise with a friend\)](#)

What does it mean to reflect?

“Has this experience been positive for your work-life?”

When we exercise, we release tension from our bodies, and there are chemicals in our brains that stimulate happy emotions. Our bodies can become tight from stress. There can be tight muscles across our shoulders and other areas of our bodies.

When we exercise, or move our bodies, that tightness will sometimes go away. That means that we can be more relaxed and therefore, happier. When we exercise, it's like we are telling our brains and our bodies, that we matter, and we're important. We are tricking ourselves into believing that we are worth being taken care of.



Weekly To-Do's:

1. Make sure you've completed your 21-day Doubler challenge!

Alternative Discussion

- Was it difficult for you to reflect?
- Do you think self-reflection provides a positive change for you?
- What evidence do you have of a change?
- Is this tactic something you can see yourself doing in the long run?
- What is one thing you can do to make this tactic sustainable?