

Week 6 – Video 18 Homework

- ✓ Reflect on the goals you have set for yourself
 - How is your activity level, compared to where you want to be?
 - What value(s) have you tied to your goals?
 - What would change for you, if you accomplished them?
 - How confident are you in your abilities to achieve them?
 - How is your motivation level for working on your goals?
 - Think about if motivation is intrinsic or extrinsic
 - What can be done to improve your motivation?
- ✓ Go on a mindful walk
 - Be present, in the moment
 - Appreciate what is around you – the sights, the sounds, the smells
 - Just notice, without judgment
 - How does a mindful lens change your experience with walking?
- ✓ Continue on your value-based goals
- ✓ Continue on your exercise goals