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| Author | My Response | Examples |
| The mind affects the physical body | I believe that the body can’t reach its full potential without the mind. |  |
| Motivational self talk leads to less fatigue and makes physical activity easier. | Motivational speaking can increase endurance | Rocky—the lyrics of the song increase his motivation (It’s the eye of the tiger it’s the thrill of the fight. Rising up to the challenge of our rivals.) |
| Positive thinking can improve physical performance | Not only does positive thinking impact physical performance, negative thinking does too. | Dragon Ball Z: Fighting guy (Gohan) was negative about his own ability to win the fight, and as a result he was losing. Then the dead guy/dad (Goku) was speaking to the fighting guy to get him to fight better. It worked because of positive motivation. |
| Positive self talk can help make the body feel good. | Regular positive reinforcement makes you feel good | Paycheck = feeling better about working |
| The author argues that “the body is intertwined with the mind in ways that we are only starting to understand.” | The body cannot reach its full capacity without positive self talk.Change the way I speak to myself by encouraging myself when I’m doing physical activities. |  |