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| Author | My Response | Examples |
| The mind influences the body | We agree that the “body is intertwined with the mind” |  |
| Pep talks lead to longer exercise and makes the exercise feel easier | Verbal self motivation can inspire physical performance | Rocky III |
| Physical exhaustion develops in the mind as well as the body | If you start with a negative mindset, it leads to a negative physical response. | Woke up and didn’t want to go to school = tired |
| Regular self-motivation can lead to “feeling good” | Constant self motivation leads to reaching goals | Biggest Loser = external motivation = repetitive self motivation = achieving physical goals |
| The mind is the catalyst to change the body. | The body and mind are intertwined. Going to talk to myself in front of the mirror every morning. “I’m the best.” |  |