

**Talk Yourself
into a *fit*
Choice!**



What's Your Mooood?

**I AM SO BORED!
HOW CAN I MOTIVATE
MY MOOOD?**

**LET'S TRY LISTENING
TO SOME MOOOSIC
AND MOOOVING!**

What's Your Mooood?

A black and white cow is captured mid-jump in a lush green field. The cow's front legs are tucked up, and its back legs are extended, with its tail curved upwards. In the background, a white wind turbine stands on a grassy hill under a cloudy sky. The overall scene is bright and cheerful.

**THIS IS A GREAT WAY
TO MOTIVATE OUR
MOOODS!**

Talk Yourself into “I Will”

When you decide to use self-talk, you can make many great recharge, food, and move choices! What “I will” choices can you make to be active?



Play a board
game



Ride your bike



Go for a walk



Stretch

Way To Go!

You can motivate your mood and make a *fit* choice.

You can motivate your mood with self-talk and get active, refresh your energy, or do something fun.



WHAT DOES IT MEAN TO MOTIVATE YOUR MOOD?

Make a Mood Jar

Next time you are in an “I won’t” mood, grab your mood jar and get ready to make some *fit* choices!

Write down at least five things you can do to help motivate your mood and put them in a jar.



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