

## Chapter 8 - Superhero Exercise

<p><b><u>Your Superhero Actions &amp; Behaviours</u></b></p>	<p><b><u>What reactions could come up when it comes to the behavior you have chosen?</u></b></p>	<p><b><u>What proactive steps or preparations can you take to make sure you achieve the selected behavior/action?</u></b></p>
<p><b><i>Example:</i></b> Going To The Gym Everyday To Achieve The Body Of My Dreams</p>	<p><i>I can't be bothered, it's too hard, I'm sore, I don't have time, I don't know what to do.</i></p>	<ul style="list-style-type: none"> <li>● <i>Find weekly workouts to follow</i></li> <li>● <i>Schedule my workouts in everyday &amp; carve out the time in my schedule</i></li> <li>● <i>Start easy and work up to harder workouts</i></li> <li>● <i>Hire a personal trainer</i></li> </ul>

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