

# Reflective Worksheet 14

## Health & Fitness

Movement and physical wellbeing can support emotional regulation, confidence and recovery. This worksheet helps you explore how health and fitness can strengthen your identity, resilience and sense of agency.

If you would like to explore this further in your coaching sessions, please speak to your Recovery Coach



### Mood

How does movement affect your mood or stress levels?

---

---

---

---

---



### Feeling

What forms of movement feel affirming or enjoyable for you?

---

---

---

---

---



### Body

How does your body feel when you're taking care of it?

---

---

---

---

---



### Barriers

What barriers (emotional, physical, identity-related) make fitness difficult?

---

---

---

---

---



### Goal

What small, realistic step could support your wellbeing this week?

---

---

---

---

---



### Urges

How might movement help you manage urges or difficult emotions?

---

---

---

---

---

