

TRIFITNESS

FUNCTIONAL FITNESS FOR LIFE

Reflect

Refocus

Recharge

Reflect upon different aspects of your life and how you are handling them.

What am I consistently seeking in my daily life? _____

What am I consistently avoiding in my daily life? _____

What are my healthiest habits? _____

What are my unhealthiest habits? _____

What am I doing with most my time? _____

What should I responsibly be doing with more of my time? _____

What do I want to do more of with my time? _____

What are my biggest distractions? _____

What am I most thankful for? _____

What have I neglected most? _____

Refocus on the priorities in your life that you want to improve in the near future

Choose a few of your main priorities from the answers above to act upon and write out a plan of action!

Recharge letting your thoughts and energy create a vision for your RX3 success

Take 10-60 Minutes to meditate on what you wrote above and how you will make these improvements part of your life in the next 7-14 days. Relax and let your mind wonder and your imagination flow. Record how you feel after this RX3 mental health meditation and creativity session.
