

Circle your topic. Please write neatly in the space provided or type your response.

A. What does STRENGTH and being STRONG mean to you on both an emotional and physical level? Explain.

B. "Strength doesn't come from what you do, it comes from overcoming the things you once thought you couldn't do." How do you connect with this quote? Explain.

C. "Strive for progress not perfection", We all begin somewhere, how do you connect w/ this quote and perhaps your current attitude about fitness.

D. Your worth isn't measures in likes, comments, friends, or followers -What do you love about yourself? Give it some thought.

I can relate to this quote in a few ways. When I was younger I admired athletes. When I began Figure Skating I watched older girls do things like sit spins. I thought that I would never be able to do something that took so much ability and talent. As I became more experienced I learned how to do a sit spin. I was amazed that I could do such a complex thing. I learned that with hard work and determination anything is possible.

15/15 Excellent example! Skating is tough! But excellent progress. What's crazy to think is that there are now younger girls (like you) that are now seeing YOU do the sit spin and are thinking the same thing. You're a role model to them.