

# WEEK 25 of #YOUR2024STORY

**Journal Prompt:** *Shared Journeys; Staying Active w Family & Friends*

## Celebrating Movement Together

### *Journal Prompts:*

- 1) Spend some time thinking about the activities that you most enjoy in your leisure time. Write a list of these activities and think about how many of them you could potentially share with your family and friends. Are there any activities that you've never considered sharing before?
- 2) Reflect on the shared activities that you have already participated in with your loved ones. Write about these experiences in detail. How have these shared experiences strengthened your relationships? Can you identify any specific moments or experiences that brought you closer together?
- 3) Consider how you can incorporate more shared activities into your regular routine to maintain an active lifestyle with your friends and family. Are there any specific activities that you would like to do more regularly? How could you schedule these activities to ensure they become a regular part of your routine?
- 4) It's important to also consider any obstacles that might stand in the way of you participating in shared activities. What might these obstacles be and how could you overcome them? Consider both practical obstacles such as time or distance, as well as emotional or relational obstacles.
- 5) Finally, think about how shared activities contribute to your overall wellbeing and happiness. How do these shared experiences enhance your life? Do you feel more connected, healthier, or happier when you participate in activities with your loved ones? Reflect on the importance of shared activity in your life.

This week, try to embrace the opportunities to weave the threads of fitness and fellowship more tightly together