

# WEEK 39 of #YOUR2024STORY

## Journal Prompt: *Strengthening Together: Community Involvement*

### **Journal Prompts:**

How has being part of a fitness community (or lack thereof) affected my motivation levels?

Can I recall a specific instance where community support made a significant difference in my fitness journey?

In what ways has isolation or lack of community hindered my progress?

What local fitness groups or classes have I considered joining but haven't yet?  
What's holding me back?

How might my fitness journey change if I had a stronger support system or community?

What unique strengths or experiences could I bring to a fitness community?

Are there online fitness communities that align with my goals?  
How could I engage with them more actively?

What community fitness events (like local runs, group hikes, or fitness challenges) are available in my area?

How comfortable am I with reaching out to others for support or accountability in my fitness journey?

What steps can I take this week to connect with or create a fitness community that aligns with my goals?

***Remember, engaging in physical activities as a group not only strengthens our bodies, but also our bonds to those around us***