



# *Fitness by Design*

Unlocking Your Inner Strength  
And Personal Power



**Kate  
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**TASK** *Sheet*

1. What is that thing that gives you joy when you do it?

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2. Do you prioritise your health?

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3. Are you living your best life?



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4. Do you relate fitness to your overall well being?

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5. Connect your answers in No 1 to No 4 and digest



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