Week 8 — Building Confidence Through Practice

Allowing Confidence to Grow Through Experience

Confidence does not require you to feel certain before you begin. It can grow through safe practice, useful adjustments, repeated experiences, and recognizing what you can do.

This Week's Wellness Connection

Wellness Practice: Sleep, Rest & Recovery
Zoom Workshop: Saturday, September 12

Join the workshop, then use the daily prompts to notice how sleep, rest, and recovery may influence your energy, movement, concentration, mood, and everyday experiences.

Building Confidence through Practice

Notice when you:

- Begin even when you feel uncertain
- Choose an option that fits
- Use support appropriately
- Adjust without giving up
- Repeat something that once felt unfamiliar
- Recognize a successful experience

This Week's Practice Focus

Choose one movement or everyday activity to practice with an option and support that help you feel successful.

Confidence grows when I recognize and build from successful experiences.

My Week 8 Guide

What to Notice and Where to Record It

Use this guide with the facing My Week 2 Journey page. Each number points to the place where you will record what stands out.

1 — Return to My Real-Life Focus
Think about the everyday activity or experience you chose. Consider what a manageable challenge might feel like within that activity.
Record it in Section 1. →

2 — Notice Across My Classes
Notice how movement options, resistance, pace, support, and recovery affect your experience.
Use your class cards, then record what stands out in Section 2. →

3 — Consider My Wellness Connection
Think about what may have influenced how challenging an activity felt this week.
Record what stands out in Section 3. →

4 — Connect It to Everyday Life
Notice where changing your pace, effort, option, or support helped you participate in everyday life.
Record the connection in Section 4. →

5 — Pause and Reflect
Consider what you discovered about choosing a challenge that fits you.
Complete Section 5. →

My Week 8 Journey

Notice, Connect, and Carry Forward

1 — My Real-Life Focus

This week, I am noticing what helps me choose a challenge that fits within my Real-Life Focus...

2 — Across My Classes, I Noticed	3 — My Wellness Connection What May Have Influenced Me?
☐ I found a movement option that fit ☐ I adjusted my resistance ☐ I changed my pace ☐ I used support ☐ I paused or allowed more recovery ☐ I may be ready for a small increase	☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery
What stands out most from my class cards?	What affected how challenging something felt?

4 — Connect It to Everyday Life

Where did choosing a challenge that fit me appear in my everyday life?

An adjustment that helped me was...

5 — Pause and Reflect

Something I discovered about my right challenge was...

What I want to carry forward...

My Week 8 Fitness Class Record

Classes 1 and 2: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 01 □ Live Zoom □ Recorded	Date:	Class Format:

What I Did Today (Movement option, resistance, pace, or support I used)

Overall, Today's Class Felt

- □ Too much today
- □ Very challenging
- □ Challenging but manageable
- □ I may be ready for more

What i Noticed

What May Have Influenced Me

- □ Sleep or energy
- □ Hydration or nourishment
- □ Stress or responsibilities
- □ Pain, discomfort, or health
- □ Recent activity or recovery

What I Might Try Next

Day 02 □ Live Zoom □ Recorded	Date:	Class Format:

What I Did Today (Movement option, resistance, pace, or support I used)

Overall, Today's Class Felt

- □ Too much today
- □ Very challenging
- □ Challenging but manageable
- □ I may be ready for more

What i Noticed

What May Have Influenced Me

- □ Sleep or energy
- □ Hydration or nourishment
- □ Stress or responsibilities
- □ Pain, discomfort, or health
- □ Recent activity or recovery

What I Might Try Next

My Week 8 Fitness Class Record

Classes 3 and 4: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 03 □ Live Zoom □ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		

Overall, Today's Class Felt

- □ Too much today
- □ Very challenging
- □ Challenging but manageable
- □ I may be ready for more

What i Noticed

What May Have Influenced Me

- □ Sleep or energy
- □ Hydration or nourishment
- □ Stress or responsibilities
- □ Pain, discomfort, or health
- □ Recent activity or recovery

What I Might Try Next

Day 04 □ Live Zoom □ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		

Overall, Today's Class Felt

- □ Too much today
- □ Very challenging
- □ Challenging but manageable
- □ I may be ready for more

What i Noticed

What May Have Influenced Me

- □ Sleep or energy
- □ Hydration or nourishment
- □ Stress or responsibilities
- □ Pain, discomfort, or health
- □ Recent activity or recovery

What I Might Try Next