

# ADIDAS SUMMER SERIES



## DISCOVERING YOUR JOY

USE THIS WORKSHEET TO IDENTIFY YOUR FAVORITE THINGS AND WHAT MAKES YOU HAPPY.

FILL IN THE BLANKS RELATING TO YOUR MIND, BODY AND SPIRIT.

### MIND

FAVORITE THING ABOUT YOURSELF

FAVORITE ACTIVITY WITH FRIENDS

FAVORITE COMPLIMENT

FAVORITE WAY TO RELAX

FAVORITE PERSON

FAVORITE THING TO DO OUTSIDE

### BODY

FAVORITE STRETCH

FAVORITE PLACE TO MOVE

FAVORITE PERSON TO BE ACTIVE WITH

FAVORITE MOVEMENT

FAVORITE WARM-UP

FAVORITE HEALTHY SNACK



### SPIRIT

FAVORITE PUMP-UP SONG

FAVORITE COLOR

FAVORITE ATHLETE

FAVORITE WAY TO CELEBRATE

FAVORITE THING TO WEAR

FAVORITE HAIR STYLE

# Joy