



# UPRIGHT MOVEMENT

Defy Gravity

Here are some reasons as to WHY.

Physical Performance	Pain	Appearance
Endurance Fitness Strength Power Speed Resilience Personal Best	Relief Pain-Free Freedom Activity Movement Function Prevention	Lean Choice Comfort Confidence Attractiveness Youthfulness Tone
Health	Relationships	Energy
Vitality Longevity Health Quality of Life Feel Alive Aging Spirituality	Family Commitment Responsibility Giving Connection Support Presence	Energy Empowerment Restful Focus Alertness Vitality Enthusiasm
Emotional Well-Being	Work Performance	Challenge (New Things)
Balance Presence Motivation Calmness Happiness Contentment Optimism	Focus Efficiency Productivity Communication Creativity Success Organization	Evolve Try Open Exciting Accomplish Challenge Goal



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Write down ten words from the above WHY List that are meaningful to you. Then circle the three that are most meaningful to you right now.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

FEEL BETTER • MOVE BETTER • PERFORM BETTER

Use your current three most meaningful words to create a statement that tells a story about living your life in the best way possible.

**Example:** *Freedom, Quality of Life, Happiness*

Now create a one sentence statement regarding the story of living your best life.

**Example:** *I care for myself and live a quality life full of freedom and happiness.*

Support your moment-to-moment process towards your "WHY" by being supportive of your mind/body with optimal resources and recovery fueling your change. The Pillars of long lasting change are: **Mindset, Recovery, Nutrition/Hydration, and Movement**. For further assistance see UpRight Movement's [Regeneration Guidelines](#).