



# Art Activity

Create a picture, collage or photograph of an opportunity that you want to have in the future. Use that picture as motivation when you are struggling to lift the weight today.

A large, empty rectangular frame with a black border, intended for the user to create an art project. The frame is positioned in the center of the page and is surrounded by a light blue border with small black dots along its edges, suggesting it might be a page from a binder.