

Lift The Weight

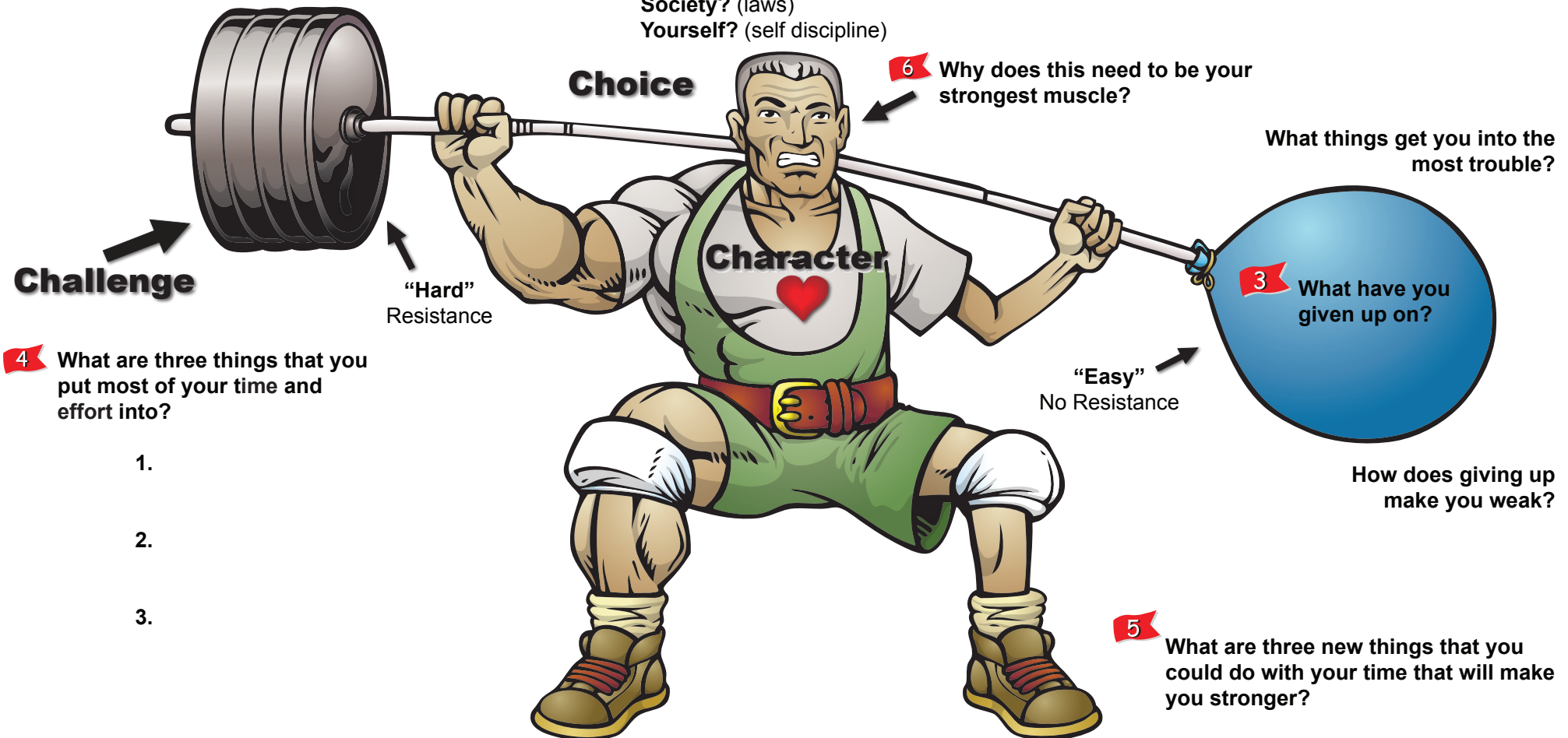
What Makes You Strong?

1 Why do you need resistance to become stronger?

2 What is expected of you from:
Parents? (rules)
School? (rules)
Society? (laws)
Yourself? (self discipline)

6 Why does this need to be your strongest muscle?

What things get you into the most trouble?



4 What are three things that you put most of your time and effort into?

- 1.
- 2.
- 3.

Do any of these things give you opportunity, freedom, and self-respect?

5 What are three new things that you could do with your time that will make you stronger?

- 1.
- 2.
- 3.

If "yes," keep lifting. If "no," create a new workout.