

GRIFFIN FITNESS

THE THREES



**WHAT ARE THE 3 BIGGEST LESSONS YOU
LEARNED THIS MONTH?**

**IF I WAS GOING TO GET IN THE BEST SHAPE OF
MY LIFE THE FIRST 3 THINGS I WOULD STOP
DOING WOULD BE**

**THE 3 THINGS I WOULD START DOING TO GET
IN BEST SHAPE OF MY LIFE WOULD BE**

**NAME 3 THINGS, OR PERSONS YOU ARE
ESPECIALLY GRATEFUL FOR THIS MONTH?**

**NAME 3 WAYS THESE GRATITUDES CAN
INSPIRE YOU?**