I will work to apply each of the components of skill-related physical and emotional fitness into my daily life.

Learning Module:

**SKILL-RELATED FITNESS**

**Skill-related physical and emotional fitness** components help us move through our daily lives safely and effectively. This module works to build our understanding of:

* how we can improve our skill-related fitness
* how mindfulness can help us maintain positive optimism
* how purposeful practice and growth mindset help us work toward our goals

I will participate in all activities with joy and enthusiasm.

I will work to improve my skill-related emotional fitness.

I will work to improve my skill-related physical fitness.