

“I am overwhelmed if the process seems too difficult. I feel guilty and tend to give up if I stumble because **I have a fear of failure** as starting again will require a big effort again.”

“I'm a creature of habit and like routine because **the unfamiliar is scary** and I do not like feeling like I'm bad at things.”

“I like to track my activities because I want like to compare my progress over a period of time - **the sense of achievement keeps me going.**”

“I like exercising with other people because it is more fun to do and have people check in on me to hold me accountable - gives me a **sense of connection and belonging.**”