Hand in through Moodle drop box, due date listed on Moodle.

1. Pick one of the four renewal activities (Physical, Social/Emotional, Mental, Spiritual). What obstacles or hard moments might you encounter as you do this activity?

I’m currently riding my bike to work to try to lose weight and get in shape. My bike seems to have another problem every week. Last week I blew out an inner tube, leaving me stranded an hour walk from home. Last weekend the chain broke, leaving me stranded again. And then when fixing the chain I broke the front shifter.

1. How will you overcome these obstacles or hard moments?

By keeping in mind how much easier and cheaper it is to fix a bike than to fix a car. Realizing how much I’m learning by fixing my bike. Also by remembering that my family has a history of heart problems so I need to keep up my exercising somehow.