

Motivate Yourself



Reclaim your goal

1

What was my goal? Does this need to change? Can I make it more manageable? What is my new goal?



Acknowledge its importance

2

Why is it important now? Has anything changed? What have I learned from my prior attempt(s) that will benefit me this time?



Determine your motivators

3

What is motivating me to complete my goal? What can I do or use to help me with motivation?



Acknowledge your progress

4

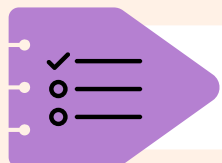
What progress did I make? Where am I starting from now? How will I make sure I notice the progress I am making going forward?



Choose your supports

5

How will I keep motivation high this time? What supports can I put into place to support me in my success?



Determine your actions

6

What is my first step? What next steps will keep me moving forward?



Lock it In with the benefits

7

How will my life be different when I achieve my goal? What will it mean for me when I have achieved this goal?

Motivate Yourself



Goal

What was my goal? Does this need to change? Can I make it more manageable? What is my new goal?



Importance

Why is it important now? What have I learned from my prior attempt(s) that will benefit me this time?



My Motivators

What is motivating me to complete my goal? What can I do or use to help me with motivation?



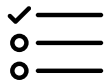
My Progress

Where am I starting from now? How will I make sure I notice the progress I am making going forward?



My Supports

How will I keep motivation high this time? What supports can I put into place to support me in my success?



Actions

What is my first step? What next steps will keep me moving forward?



Lock it In

What will it mean for me when I have achieved this goal? What are the benefits of me achieving this goal?