

Motivation

1. Goal _____

2. Goal _____

3. Goal _____

4. Goal _____

5. Goal _____

6. Goal _____

7. Goal _____

8. Goal _____

9. Goal _____

10. Goal _____

11. Goal _____

Motivation

My goal is to lose 5 pounds. I _____ goal _____ 80 percent confident that _____ goal _____ _____ goal _____
_____ goal _____ goal _____. I want to lose the weight because my children told _____ goal _____ goal _____
_____ goal _____ goal _____ to play with me because I always get tired. I want to _____ goal _____ to
acheive my goal in 2 months.