

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