

Section D – Keep a Daily Journal

List the new activity or activities that you want to start today. It is helpful to write down what you accomplished and how you feel about it. Take close notice to what is working and what isn't. Make changes if necessary.

Everyday remind yourself of all the pain you will avoid and the pleasure you will gain by sticking with it. Results do take time, but they will happen. Take the time to in vision how you will feel when you reach your goal. Smile, you are on your way.

Buying a diary or notebook is recommended for this daily activity.

Section E – Use Leverage to Achieve Success

Use leverage to help you make these changes a reality. If you need a little more strength to stay focused and committed, now is the time to reinforce **why you need to accomplish your goal** and stay on track.

Write down what your life will be like **if you don't change**. How will you look and feel in the future? For example if you are trying to lose weight picture yourself a year from now. Will you be the same weight or even heavier if you don't follow through? How will your health be? How will you feel about yourself and your relationships?

What about picturing you 3 years down the road, or even 5 years from now? What is the vision of yourself, how you feel and your health?

Section F – The Benefits and Rewards of Success

List all the benefits and rewards you will get by achieving your goal. What will life be like when you have lost those unwanted pounds? Will it help how you feel around others, perhaps even boosting your relationships? Do you feel fit, energized and healthy?

Note: - Beyond the Motivation Worksheet

- If what you are doing isn't working, don't reinvent the wheel.
- If you know someone who has accomplished the same thing you want to achieve ask them how they did it. It may help you.
- Stay focused on your goals. Stick with it and picture the outcome in your mind. Remember, not changing can be painful. But accomplishment comes with many joys and rewards.