

Worksheet #5—“The Steps of Rekindling”

In the space provided, please take notes on the steps of the rekindling process.

Step 1: Restate the Goal

Step 2: Acknowledge its Importance

Step 3: Determine Your Motivator(s)

Step 4: Acknowledge Progress

Step 5: Select Supports

Step 6: Determine Action

Step 7: Lock it In with Benefits

