



Worksheet #6 – “A Personal Rekindling”

Step 1: Reclaim your goal: *What was my last goal? What is my new goal?*

Step 2: Acknowledge its importance: *Why is it important now? What has changed? How have I changed? What have I learned from my prior attempt that will benefit me this time?*

Step 3: Determine your motivators: *What is motivating me to complete my goal?*

Step 4: Acknowledge progress: *What progress did I make? Where am I starting from now?*

Step 5: Select supports: *How will I keep motivation high this time? What supports can I put into place to support me in my success?*

Step 6: Determine action: *What is my first step? What next steps will keep me moving forward?*

Step 7: Lock it In with the benefits: *How will my life be different when I achieve my goal?*