

## Questions

1.

2.

3.

4.

5.

6.

7.

8.

## Motivated Me Worksheet

NAME:

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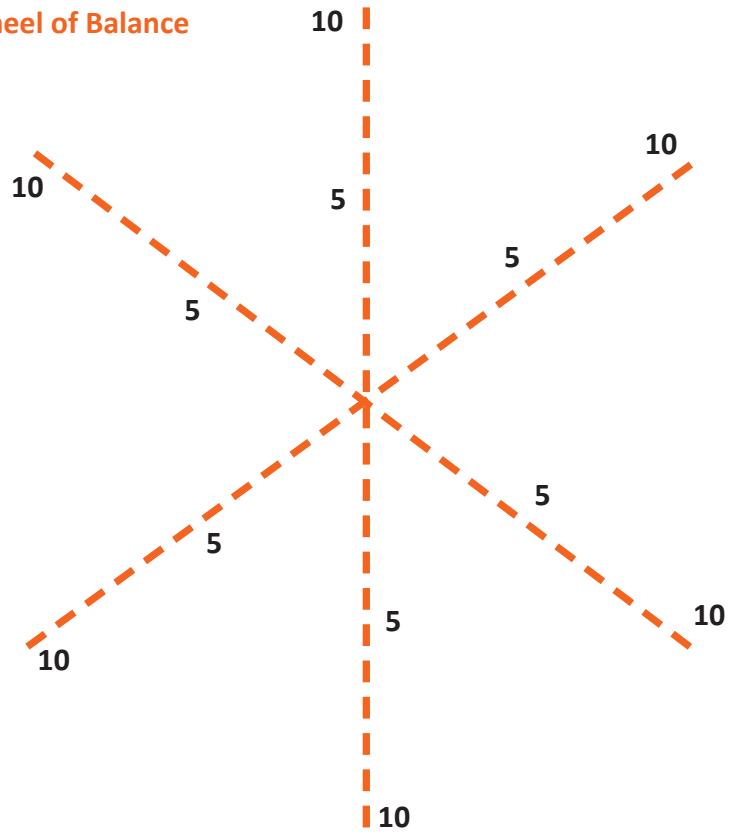
What are my reasons for becoming motivated?

What are my excuses for not being motivated?

What bad things could happen in the future if I don't learn how to achieve the results I want?

What will I ultimately gain by learning to achieve the results I want?

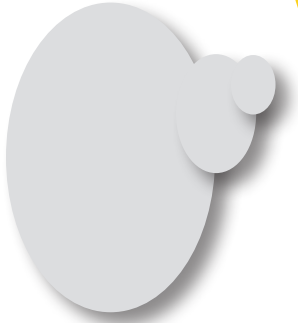
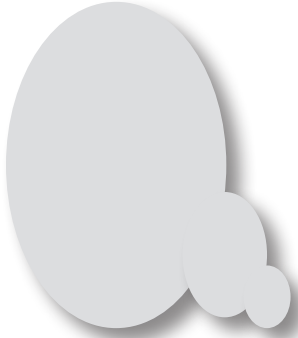
# The Wheel of Balance



My state now...

In which specific areas of your life are you definitely ON-TRACK?

In which specific areas of your life are you definitely OFF-TRACK and why?



DATES

Goals

First Step

Behaviour

State
