

Motivation: Move from “I want to want to” to “I will”

Consider the change you'd like to make (the types of food you eat or how much you exercise or something else). Work through these journaling prompts in a notebook. Take your time writing your answers to each question and don't jump ahead.

On a scale of 0-10, how important is it for you to make this change right now, where 0 is not important at all and 10 is the highest importance?

What makes you land at that number and not a number lower?

What would it take for you to be at an 8 or 9?

On a scale of 0-10, how confident are you that you can make this change in 6 months, where 0 is no confidence at all and 10 is without a shadow of doubt?

What would it take for you to be at an 8 or 9?

Write this for yourself: What will your life look like six months from now if you do not make this change?

Write this for yourself: What will your life look like six months from now if you **do** make this change?

What would you like to do? Your options include: stay the same, make the change, go away and think about it some more. There may be other options as well. Journal on what you would like to do now.

What support might be helpful for you to follow through on the decision you just made?

On a scale of 0-10, how ready are you to take action, where 0 is not ready at all and 10 is completely ready?

What makes you land at that number and not a number lower?

What would it take to get you to an 8 or 9?

What will you do from here? Be specific.

What might stop you from your goal? What would you do if you encountered that road block? Create an “If _____, then I will _____” statement.

