

Motivation Tool

The Motivation Tool helps you build and maintain motivation as you work toward your goals. To find out more join a SMART meeting.

1. What were your original reasons for making a change?

2. Why is this important to you?

3. What will the future look like if you continue to work towards this positive change?

4. What will the future look like if you stop working towards this change?

5. What can you do to keep your motivation high?