



# Motivation Worksheet!

Fill this in for your own goals!



The behavior that I want to do is...

Eat carrots or celery instead of chips for snack

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I am motivated because...

I like the crunch of carrots and celery.

It's a simple way of reducing calories for weight loss.

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I have the ability to do this because... 🦵

I have a reminder note posted on my refrigerator.

I can shop for carrots and celery, and not buy chips.

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I can track progress and maintain my motivation because... 📅

I will log my meals and snacks.

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