

5 MOTIVATION STRATEGIES

Identify your WHY?

Benefits to engaging in this behavior

Consequences to NOT engaging in this behavior

Identify Healthy Rewards (*Consider Science)

How can I manage my time in relation to this goal?

How can I COMPASSIONATELY coach myself through this activity?

How can I stay mindful?

What do I see, hear, taste, feel, smell?

What are the facts? How am I being judgmental?

BONUS: Can I make it fun?