

Motivation Unlocked

With Ret. Col. Brenda Dietzman

What Do I Want?	What is my goal? (Ensure it is a pattern goal)
	Why does this matter to me?
	What will I regret if I don't follow through?
What will I do?	What specific action(s) will I repeat? (Be clear and realistic)
	When and where will I do it?
	I am the type of person who...
What is getting in my way?	What obstacles or friction might show up?

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Design for success	How can I set up my environment to support this? (What will I make visible, easy, or automatic?)
	What will trigger this habit? (Time, location, emotion, or routine)
	WIN Cards
Support + Momentum	Who can help me or hold me accountable?
	How will I track this? (Checkbox, streak, calendar, etc.)
	How will I celebrate small wins?
When I it gets hard	What will I do when I don't feel like it?
	What will I do if I miss a day?