



Questions to ask yourself if feeling unmotivated with health goals:

What is it that I feel I should accomplish, or would like to accomplish? How immediately pressing is this goal? (Often if it is too distant, we may not be motivated to pursue it.)

What are my reasons for wanting to achieve my goal? Why is that goal important to me? (Be honest with yourself, how important is it truly? If it is very important, what is holding me back?)

What would be the consequences of not achieving that goal? If I do nothing now, how would my situation change 1 year, 3 years, 5 years, down the road? Again, being honest even if it's a scary thought... what could truly happen if things continue as they are? How might myself or my loved ones be negatively affected by me doing nothing about this situation?

What seems to reduce my motivation? What obstacles and barriers can I identify?

How could I overcome any obstacles/barriers? Can I identify one small thing I can commit to doing? (Research shows that success in even one small task, can bolster our belief in our ability to set other goals and accomplish them successfully.)

How might I remind/encourage myself to move forward? How might I create 'reminders for action,' or other small steps that will help me feel successful?

Who can support me? Can I add the element of positive peer pressure or accountability?

Can I reward myself in any way? Research indicates that we are more successful at follow-through, if we can make a task enjoyable.

