

# Healthy Lifestyle Motivation Inventory

This inventory can help you think more broadly about your motivations for developing and maintaining certain healthy lifestyle changes. Rate each item according to the strength of its motivation for you, using the five-point scale below.

1            2            3            4            5

Lowest motivation            neutral            highest motivation

1. \_\_\_ Feeling better and more energetic
2. \_\_\_ Becoming physically stronger or better coordinated
3. \_\_\_ Fun and recreation
4. \_\_\_ Attaining (or maintaining) a healthy weight
5. \_\_\_ Other appearance-related concerns
6. \_\_\_ Avoiding the possibly judgmental responses of others
7. \_\_\_ A specific health issue(s) you're trying to manage
8. \_\_\_ A family health issue for which you're trying to minimize your risk
9. \_\_\_ Decreasing guilt (or "negative self-talk") over not doing what you should
10. \_\_\_ Minimizing the impact of certain toxins/environmental hazards
11. \_\_\_ Setting a good example for children in your life
12. \_\_\_ Supporting friends/family/colleagues who are trying to improve their health
13. \_\_\_ Coming from a position of strength to facilitate attainment of other goals
14. \_\_\_ Improved coping and resilience
15. \_\_\_ (Other) \_\_\_\_\_

## For further reflection:

A) If all of your highly rated motivators seem negative, see if there is a positive one you can start giving more priority.

B) If any of your top motivators seem unhealthy or counterproductive, you can decide to give them less power!

C) Identify one or two motivators from the list that have actually translated into healthier choices or behaviors, e.g., eating regular meals, joining a sports team, getting medical consultation for a pesky health issue....