FINDING MOTIVATION

What’s your motivation to heal? What would realizing this motivation feel like? Look like? Record it below in words, pictures, names, drawings...anything that represents why you will do all that it takes to live well and stay as healthy as possible!

Private Reflections:
What would need to happen for you to feel powerful and in control?
It’s highly unlikely that any of us is doing everything we can to protect, preserve, and optimize our health and healing at any given time.

Identifying the discrepancies between where we are now and where we want to be is an initial and crucial step in getting motivated to make change.

How me make that change is the basis for the journey ahead and this planner.

This is Your Journey. These are Your Choices. You do have control. Don’t let anyone convince you otherwise.

“Success is how high you bounce when you hit bottom”

— Patton
MOTIVATION Reflection

Reflect upon your motivation. Then, take some time to answer the following questions:

- Are your current behaviors and actions supportive of your motivation? Why or why not?

- Which specific actions, behaviors, or thoughts do you currently practice that you feel will be helpful as you pursue your motivation?

- Which specific actions, behaviors or thoughts do you currently practice that might be standing in the way of realizing your motivation?

- If you don’t make any changes to your existing thoughts, behaviors, actions, or healthcare plan, how confident are you that you will realize your motivation?

- If you don’t make any changes to your existing thoughts, behaviors, actions, or healthcare plan, what might your life look like 5 years down the road? 10? 20?