

Weekly Motivator



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This tool is intended to help remind you to take care of yourself and follow through on the different components of your self-care program. Select one or more of the areas indicated below to work on in a given timeframe. Focus on setting realistic goals, and on identifying barriers you may need to overcome in order to achieve your goals.

Today's date: Tues May 19
 My timeframe for these goals: Today This week This month
 Before my next appointment

Physical Activity

I will spend at least 3 days doing the following physical activity for 30 minutes:
walking the dog OR riding my bike OR walking on the treadmill.

Fun

Regardless of how I feel, I will commit to scheduling 2 fun activities, including:
going to a movie with my sister, going to the bookstore and buying a new book

Eating Right

I will make the following choices to improve my eating habits:
switch to decaf coffee, substitute fruit for a candy bar as my afternoon snack, cut down on soda.

Support from Others

I will spend at least 15 minutes on at least 3 days spending time with:
my sister, my dog, and my best friend Carla.

Relaxation

I will spend at least 30 minutes on at least 3 days on the following relaxing activities:
yoga class, yoga video, reading for pleasure, writing in my journal.

My Specific Goal

My goal is: to lose a pound this week
 Step #1: write down everything I eat
 Step #2: follow my exercise plan
 Step #3: stay away from junk food

How likely are you to follow through with these activities during the timeframe you have set?

Not likely	1	2	3	4	5	6	7	8	9	10	Very likely
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What might get in the way of meeting the goals you have set for this timeframe? Stress at work, busy schedule for myself and my kids.

Brainstorm possible ways to overcome these barriers: exercise early in the morning, before work. Plan my next day's meals the night before, and pack my lunch (after the kids go to bed); arrange to have my husband get the kids ready for bed so I can read/do yoga, etc.

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Today's date: _____

My timeframe for these goals: Today This week This month
 Before my next appointment

Physical Activity

I will spend at least ____ days doing the following physical activity for ____ minutes:

Fun

Regardless of how I feel, I will commit to scheduling ____ fun activities, including:

Eating Right

I will make the following choices to improve my eating habits:

Support from Others

I will spend at least ____ minutes on at least ____ days spending time with:

Relaxation

I will spend at least ____ minutes on at least ____ days on the following relaxing activities:

My Specific Goal

My goal is: _____

Step #1: _____

Step #2: _____

Step #3: _____

How likely are you to follow through with these activities during the timeframe you have set?

Not likely	1	2	3	4	5	6	7	8	9	10	Very likely
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What might get in the way of meeting the goals you have set for this timeframe? _____

Brainstorm possible ways to overcome these barriers: _____
