

REACHING GOALS IS SO REWARDING!

A great way to increase motivation is to write down your goals. It keeps them fresh in your mind and creates a sense of urgency. It's also important to treat yourself. In this case, not with poor food choices, but with small indulgences—such as setting aside some “me” time, buying new workout clothes, even getting a massage.

GOAL: _____

HOW I PLAN TO ACCOMPLISH IT:

 **HOW I'LL REWARD MYSELF:**

DATE ACCOMPLISHED: _____

GOAL: _____

HOW I PLAN TO ACCOMPLISH IT:

 **HOW I'LL REWARD MYSELF:**

DATE ACCOMPLISHED: _____

GOAL: _____

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