

Motivation

1. Goal
2. Goal
3. Goal
4. Goal
5. Goal
6. Goal
7. Goal
8. Goal
9. Goal
10. Goal
11. Goal

Motivation

My goal is to lose 5 pounds. I _____ goal _____ 80 percent confident that _____ goal _____ goal _____

_____ goal _____ goal _____. I want to lose the weight because my children told _____ goal _____ goal _____

_____ goal _____ goal _____ goal _____ to play with me because I always get tired. I want to _____ goal _____ to

acheive my goal in 2 months.