

# 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.