



MAINTAINING MOTIVATION



SMART
Family & Friends

Behavior change is almost never easy. It can be difficult to maintain your motivation for change, especially in the aftermath of a lapse or when you see no visible results of your efforts.

To help maintain your motivation it can be helpful to revisit your original reasons for wanting to change, review your progress so far, and your goals for the future.

Remember: Change requires Practice, Patience, Persistence

Answer the following questions:

What were your original reasons for making a change?

What results have you noticed so far?

How have these results affected your life?

What might the future look like if you continue to work towards change?

Why is this important to you?

What might the future look like if you stop working toward change?

How do you feel about this?

What will help to keep you motivated?

“People often say that motivation doesn’t last. Well, neither does bathing – that’s why we recommend it daily.”

~Zig Ziglar

