



The Lyons' Share Wellness

Defining Your Motivation and Taking Action

1. What is your main goal related to health/ fitness/ wellness?

2. Why do you want to achieve that goal? (deep motivation)

3. What do you envision you will feel like when you achieve that goal?

4. What is the major roadblock to achieving that goal today?

5. What are three things you can do *this week* to get one step closer to your goal?

6. What are three things you can do *in the next 3 months* to get one step closer to your goal?
