

My Goal/Dream

CAN'T CONTROL

EXCUSES

"I don't have time."



INERTIA

"I'm tired & unmotivated."



FIND A REASON

"It's over. I got injured."



OBSTACLES

"I failed because of this."



DISCOURAGED

"This is taking so long."



QUIT

"I give up."



PROBLEMS

"The weather is awful."



REGRETS

"I'll never forgive myself for abandoning my goal."



CAN CONTROL

INCENTIVE

"I'll make time."

ACTION

"Motivation follows movement."

FIND A WAY

"I can heal from this injury."

ADAPT

"I will learn from this failure."

DETERMINED

"Finishing will be so worth it."

GRIT

"I will keep going."

PERSEVERE

"We go, whatever the weather."

RESULTS

"I'll always be glad I persevered and achieved my goal."