

superlife
maximising motivation™

TIPS FOR THIS ACTIVITY:

- Be as honest and as realistic as you can during this exercise and, even if it might seem negative, make sure to note all the potential challenges that might arise.
- But also remember to focus as much as possible on the good that will come from completing what you've set out to do.
- So, do all you can to maximise the advantages and all you can to address or resolve the disadvantages.

MY SELECTED GOAL:

PROS OF ACHIEVING THIS GOAL

(ADVANTAGES AND BENEFITS)

CONS OF ACHIEVING THIS GOAL

(DISADVANTAGES OR PROBLEMS)

NOW: repeat this process for all of your goals, and review this activity as often as you need to in order to stay motivated!