

Tool 11.3: Revisit your motivation

Date:

Revisit Chapter 3 (page 27) in this handbook and some of the activities you completed. Maybe it's been a while since you thought about them. Revisiting can remind you of your goals and mark the progress you've made.

Are your original reasons for change still true for you?

What results have you noticed so far?

How have these changes affected your life?

What might the future look like if you keep working toward change? Is this important to you?

What might the future look like if you stop working toward change? How do you feel about this?