

# Understanding Your Goals

Think about a goal you have - motivation plays a large part in accomplishing your goals.

**You can achieve your goal by taking action!**

What is your goal?

What inspired this goal?

How are you doing with this goal?

What is 1 thing you can do to improve your number your motivation toward your goal?



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On a scale from 1-10, how committed are you to this goal?

Color the cowboy hats to represent your commitment to the goal!



What keeps you motivated to complete your goal? Circle all badges that apply.



What do you need to help complete your goal? Circle all badges that apply.

