

# REACHING GOALS IS SO REWARDING!

A great way to increase motivation is to write down your goals. It keeps them fresh in your mind and creates a sense of urgency. It's also important to treat yourself. In this case, not with poor food choices, but with small indulgences—such as setting aside some “me” time, buying new workout clothes, even getting a massage.

**GOAL:** \_\_\_\_\_

**HOW I PLAN TO ACCOMPLISH IT:**  
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\_\_\_\_\_

 **HOW I'LL REWARD MYSELF:**  
\_\_\_\_\_  
\_\_\_\_\_

**DATE ACCOMPLISHED:** \_\_\_\_\_

**GOAL:** \_\_\_\_\_

**HOW I PLAN TO ACCOMPLISH IT:**  
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 **HOW I'LL REWARD MYSELF:**  
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