



# Weekly Motivator



This tool is intended to help remind you to take care of yourself and follow through on the different components of your self-care program. Select one or more of the areas indicated below to work on in a given timeframe. Focus on setting realistic goals, and on identifying barriers you may need to overcome in order to achieve your goals.

Today's date: \_\_\_\_\_

My timeframe for these goals:  Today  This week  This month  
 Before my next appointment

**Physical Activity**

I will spend at least \_\_\_\_ days doing the following physical activity for \_\_\_\_ minutes:

\_\_\_\_\_

\_\_\_\_\_

**Fun**

Regardless of how I feel, I will commit to scheduling \_\_\_\_ fun activities, including:

\_\_\_\_\_

\_\_\_\_\_

**Eating Right**

I will make the following choices to improve my eating habits:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Support from Others**

I will spend at least \_\_\_\_ minutes on at least \_\_\_\_ days spending time with:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Relaxation**

I will spend at least \_\_\_\_ minutes on at least \_\_\_\_ days on the following relaxing activities:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**My Specific Goal**

My goal is: \_\_\_\_\_

Step #1: \_\_\_\_\_

Step #2: \_\_\_\_\_

Step #3: \_\_\_\_\_

How likely are you to follow through with these activities during the timeframe you have set?

Not likely	1	2	3	4	5	6	7	8	9	10	Very likely
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What might get in the way of meeting the goals you have set for this timeframe? \_\_\_\_\_

\_\_\_\_\_

Brainstorm possible ways to overcome these barriers: \_\_\_\_\_

\_\_\_\_\_