Weekly Motivator

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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 _8_ days doing the following physical activity for _30_ minutes: walking the dog OR riding my bike OR walking on the treadmill.

**Fun**
Regardless of how I feel, I will commit to scheduling _2_ fun activities, including:
- going to a movie with my sister, going to the bookstore and buying a new book

**Eating Right**
I will make the following choices to improve my eating habits:
- switch to decaf coffee, substitute fruit for a candy bar as my afternoon snack, cut down on soda.

**Support from Others**
I will spend at least _15_ minutes on at least _3_ days spending time with: my sister, my dog, and my best friend Carla.

**Relaxation**
I will spend at least _30_ minutes on at least _3_ days on the following relaxing activities:
- yoga class, yoga video, reading for pleasure, writing in my journal.

**My Specific Goal**
My goal is: _to lose a pound this week_.

Step #1: write down everything I eat
Step #2: follow my exercise plan
Step #3: stay away from junk food

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

<table>
<thead>
<tr>
<th>Not likely</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>Very likely</th>
</tr>
</thead>
</table>

What might get in the way of meeting the goals you have set for this timeframe? Stress at work, busy schedule for myself and my kids.

Brainstorm possible ways to overcome these barriers: exercise early in the morning, before work. Plan my next day’s meals the night before, and pack my lunch (after the kids go to bed); arrange to have my husband get the kids ready for bed so I can read/do yoga, etc.
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.

**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:
____________________________________________________

**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:
____________________________________________________

**Eating Right**
I will make the following choices to improve my eating habits:
____________________________________________________

**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

What might get in the way of meeting the goals you have set for this timeframe? ________________________________________________________________

Brainstorm possible ways to overcome these barriers: ________________________________________________________________