

Name _____

My Dream Board

Write or draw your dreams and big goals.

Someday I will...



Name _____

Motivation Mantra

Write or draw how you will motivated yourself to make fit choices. Then write or draw the choices you will make. Then read your "Motivation Mantra" out loud as a cheer to help motivate you right now!

I will motivate myself by...

I will choose to...



Name _____

Comic Strip

Write your goal on the line below. Fill in each section of the comic strip below with a step you will take toward achieving your goal.

My Goal: _____

YOU DID IT!

