

Name: _____ Date: _____ Ambient heart rate: _____

Circle any of the following motivators that apply to you. Add any motivators that are not on the list that are important to you. In writing, explain why the motivators you have selected are important to you.

- ▶ I want to be happier.
- ▶ I want to have more energy.
- ▶ I want to enjoy my life more.
- ▶ I want to participate in athletic events.
- ▶ I want to do better in school so I can get into a good college.
- ▶ I have things I want to accomplish in life.
- ▶ I want to feel better about myself.
- ▶ I want to get along better with my family.
- ▶ I want to have a group of friends that I enjoy and trust.

Explain: