



Motivators and Obstacles

- 1. For Whom do you want to make these changes? Why?**
- 2. What is motivating you to change the behavior? Be very specific!**
- 3. Have you tried to make these changes in the past? If so what was the result?**
- 4. What would happen if you stopped the behavior that gets in the way of achieving the goals you have set for yourself? How would you feel, and how would your life be different?**