**Title: Motivate Yourself!**

**Description: Discover your true motivation for this journey.**

Ask yourself "why am I doing this program?" five times. With each answer, ask yourself "why" again. This will help you get to the heart of the matter. Be honest with yourself. Be respectful of yourself and your intentions to make a change. There are no wrong answers.

Once you have your answer, find something that will serve as your reminder for when things get a little difficult. You can take a picture of it here [X]. Or, you could write a quick journal entry. If you'd like something more tangible, find an object and place it somewhere you'll see at least once a day. It doesn't matter what it is, just so long as you have it. Look at it often, especially when you need a gentle reminder of why you're working hard to make lifelong changes.