

# Find Your Motivation



Developing a new habit can be challenging, but we're here to help! Fill in the blanks to discover the encouragement you need to achieve your goals.

My resolution is ...

I want to achieve this goal because ...

My greatest inspiration is ...

I can do this because I ...

Now place this in a location where you'll see it every day and keep working to make your dreams come true.



For more support with achieving your resolutions, visit [StLukesHealth.org/Resolutions](https://www.stlukeshealth.org/resolutions).