

GREATEST

PEP TALK

EVER

Want to get motivated, fired up, psyched, ready to take on the world? All you have to do is fill in the blanks.

STEP 1: CONFRONT YOUR FEARS

If I were truly brave, I would _____ *(what's the one thing you really want to do?)* But I've been telling

myself I can't because _____ *(list all the reasons you've put off getting started)*

Really, though, the worst thing that could happen is _____ *(how bad could it be?)*

My bravest friend, _____ *(name)*, would tell me to _____ *(what sage advice would she or he give?)*

But I'm afraid other people, like _____ *(who are these negatrons?)*, will say _____ *(what's the worst they could come up with?)*

If that happens, I'll respond by _____ *(you'll feel more confident if you have a plan)*

STEP 2: CALL IN REINFORCEMENTS

Asking for help doesn't make me look weak. When things get hard, I'll call _____ *(who is your greatest supporter?)* for backup because

_____ *(how will this person help you reach your goal?)* and _____ *(who else?)* because _____ *(how will this person help you reach your goal?)*

_____ Having people on my team will make me feel _____ *(stronger? more confident? safer?)*

STEP 3: DARE YOURSELF TO GET STARTED

If I want to begin _____ *(what's your goal again?)* right this minute, I can _____ *(what's your first move?)*

_____. Then, over the next few months, I can _____ *(set minigoals)* and _____

and _____. Even if _____ *(can you predict some potential pitfalls?)* happen, I won't

give up because _____ *(be your own cheerleader!)*