

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

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

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

give up because _____
(be your own cheerleader!)