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 St-Joseph.org/Resolutions.