



NAME..... DATE..... RATING OUT OF 10.....

**TITLE: WHAT MOVES YOU?**

**QUOTE:** *“If you want something you’ve never had, you must be willing to do something you’ve never done” Thomas Jefferson*

**OBJECTIVES FOR THE WEEK:**

This week is about working out what drives you.

Take the time to sit down and create a list of what makes you perform.

What is success?

Write down what you are hoping to achieve by when.

If you are reward driven, create a list of what you are hoping to achieve and how you will reward yourself when you get it.

**RESULTS:**

