



MINDMAP

MAP YOUR MOTIVATION

In this mind map, you can easily create a clear overview and outline your motivations. By zooming in on what truly matters to you, you can set goals more effectively that contribute to a strong energy balance.

NAME: _____ **YEAR:** _____ **CONCLUSION:** _____ **MY GREATEST GOAL:** _____

WHAT'S IMPORTANT TO ME?

Family:
Work:
Sports:
Health:
Relax:

WHAT ENERGIZES ME?

Family:
Work:
Sports:
Health:
Relax:

WHAT'S COSTING ME ENERGY?

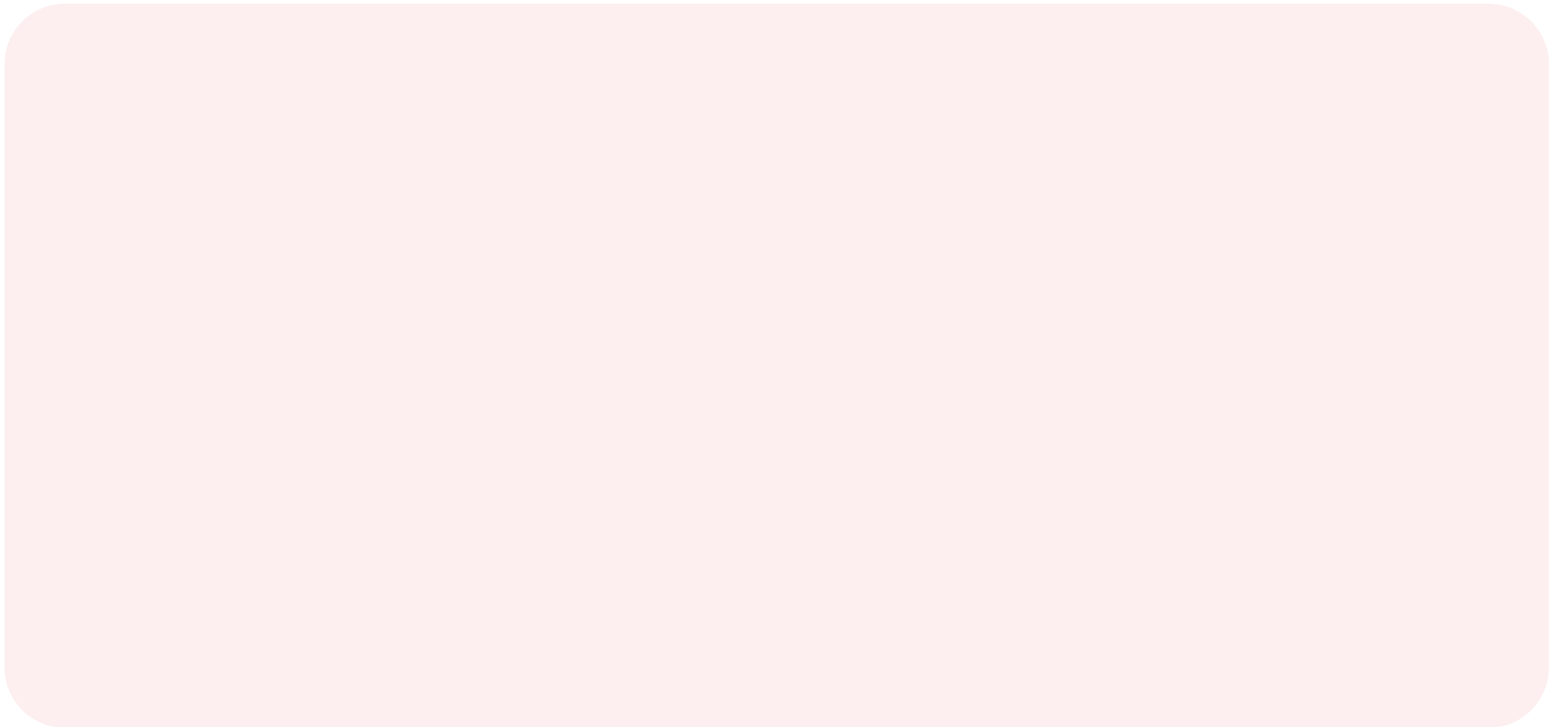
Family:
Work:
Sports:
Health:
Relax:

WHAT MAKES ME HAPPY?

Family:
Work:
Sports:
Health:
Relax:



HOW DO I ENSURE RECOVERY AND RECHARGE THROUGHOUT MY WEEK?





MOTIVATION

What benefits will it bring me?

RELAX MOTIVATION PLAN

GOALS

Specific, measurable, acceptable, realistic
& time-bound.

HABIT

What actions will I display?

SUPPORT

Who can assist me in staying motivated?

ENVIRONMENT

How can I adjust my environment?



MOTIVATION

What benefits will it bring me?

ACTIVE MOTIVATION PLAN

GOALS

Specific, measurable, acceptable, realistic
& time-bound.

HABIT

What actions will I display?

SUPPORT

Who can assist me in staying motivated?

ENVIRONMENT

How can I adjust my environment?



MOTIVATION

What benefits will it bring me?

FAMILY MOTIVATION PLAN

GOALS

Specific, measurable, acceptable, realistic
& time-bound.

HABIT

What actions will I display?

SUPPORT

Who can assist me in staying motivated?

ENVIRONMENT

How can I adjust my environment?



MOTIVATION

What benefits will it bring me?

FOOD MOTIVATION PLAN

GOALS

Specific, measurable, acceptable, realistic
& time-bound.

HABIT

What actions will I display?

SUPPORT

Who can assist me in staying motivated?

ENVIRONMENT

How can I adjust my environment?



MOTIVATION

What benefits will it bring me?

WORK MOTIVATION PLAN

GOALS

Specific, measurable, acceptable, realistic
& time-bound.

HABIT

What actions will I display?

SUPPORT

Who can assist me in staying motivated?

ENVIRONMENT

How can I adjust my environment?



MOTIVATION PLAN

GO FOR IT!

Your personal goals are now combined into a practical document: your motivation plan. In it, all aspects merge as you take actions in sports, nutrition, relaxation, work, and family. You'll discover that achieving a better energy balance becomes increasingly achievable. Remember, be kind to yourself. You're already a POWER mom!

YOUR PERSONAL MOTIVATION PLAN

	MOTIVATION	GOAL	ACTION	SUCCEEDED?
RELAX				
SPORTS				
FAMILY				
HEALTH				
WORK				



ACTION PLAN

ESTABLISH YOUR GOALS AND ACTIONS

TIP!
Make sure your goals are clear and doable. Even small steps can make a big difference.

If you set clear goals that match your motivation, you'll have more peace of mind and time. You can focus better and waste less time on things you find less important.

MY ACTION PLAN FOR THE NEXT MONTH

RELAX	SPORTS	FAMILY	HEALTH	WORK