



weight management psychology

Revising Time Frames Exercise

My goal

And the time you want to achieve it

When thinking about achieving your goal in this time frame
how do you feel?

AMBIVALENT

MOTIVATED

PRESSURED/RESTRICTED/REBELLIOUS

RELAXED/FREE/EMPOWERED

DOUBTFUL

CONFIDENT

If you are feeling towards the Pressured/Restricted/Rebellious and/or Doubtful ends of the spectrum (even if you are towards the motivated end), we would suggest you revise your deadline to see if you can alleviate these feelings. Even if you are motivated to achieve a goal, if you also feel pressured and/or deep down you doubt your ability to realistically do it, those feelings will undermine your motivation over time. If you are towards the ambivalent end of the spectrum after revising your goal, remember you can grow your motivation in other ways than through creating unworkable timeframes.

My goal

New time I want to achieve it

When thinking about achieving your goal in this new time frame,
how do you feel?

AMBIVALENT

MOTIVATED

PRESSURED/RESTRICTED/REBELLIOUS

RELAXED/FREE/EMPOWERED

DOUBTFUL

CONFIDENT