

Good morning and happy Monday team!

This is the final Motivational Interviewing post. Next week, we will begin a new series.

You have done a lot of thinking, preparing, and planning to get to this point. You can go even further by staying focused on your ultimate goal.

While your goal might stay the same, **the path to get there can take some unexpected turns.** This is normal.

There is no easy way to ensure you stay motivated 100% of the time, but I can assure you that doing your best to find and refine a plan that works for you will pay off.

Remember that it is okay to ask for help. There is never a wrong time to work on changing, and there is never a wrong time to ask for help.

Here are some Motivational Interviewing prompts that I leave with you:

I will know my plan is working if:

Some things that could interfere with my plan:

What I will do if my plan is not working:

"Success is not final; Failure is not fatal. It is the courage to continue that counts."

- Winston Churchill

Peace,
Maggie

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