

Activity Log

Utah State University Student Health and Wellness Center 797-1660

Week:

Goal:

Reward:

Date	Activity	Motivation
		"If you set a goal for yourself and are able to achieve it, you have won your race. Your goal can be to come in first, to improve your performance, or just finish the race - it's up to you." Dave Scott, Triathlete
		<i>Write your weekly motivation here.</i>

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		"Obstacles are those frightening things that become visible when we take our eyes off our goals." Henry Ford

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		"What the mind of man can conceive and believe, the mind of man can achieve." Napoleon Hill

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		"Enjoying success requires the ability to adapt. Only by being open to change will you have a true opportunity to get the most from your talent." Nolan Ryan

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		"Whoever wants to reach a distant goal must take many small steps." Helmut Schmidt

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		"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude." Thomas Jefferson

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		"The future has several names. For the weak, it is the impossible. For the faint-hearted, it is the unknown. for the thoughtful and valiant, it is the ideal." Victor Hugo

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		"Do what you can, with what you have, where you are." Theodore Roosevelt