

## My Reasons for Changing

What's really motivating you to improve your heart health? It doesn't matter what other people think you should do. Why do you want to change? Mark the statements below that apply to you. Keep them in mind when old habits are tempting. People often want to change right after an event such as a heart attack or surgery. But this drive can lessen over time. Only your own motivation will create lasting change.

### I want to:

- |  |   |
|--|---|
| <input type="radio"/> Live to enjoy my children and grandchildren. | <input type="radio"/> Be healthy and active enough to enjoy my retirement.      |
| <input type="radio"/> Return to work I enjoy.                      | <input type="radio"/> Travel to places I haven't visited yet.                   |
| <input type="radio"/> Return to hobbies and favorite activities.   | <input type="radio"/> Do daily activities such as walking up stairs in comfort. |

### My own reasons for changing:

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