

MOTIVATION MAP

Use this factsheet to help get yourself moving, set goals, and achieve them! You can add any events you have coming up and goals you want to achieve. We recommend filling this in with the help of a healthcare professional where possible.

MONTH

GOAL

Take control of your health, one step at a time.

Imagine how great you will feel when you achieve your goals.

Every day you try is a victory. Celebrate your progress and keep striving for more.

Don't let your leg ulcer define you. Rise above it and create a new narrative filled with strength and resilience.

**MOVE
YOUR BODY**