

Fast-Track to Ending Motivational Blocks - Worksheet

STUDY MOTIVATION

Which motivational theory most resonates with you?

What did you learn that surprised you?

What is it about yourself that you think causes you to lack motivation based on these four studies?

STUDY YOUR SPECIFIC PERSONALITY

What are your personality test results?

What are your main motivational blockers?

Such as: Fear of failure, pleasure / pain avoidance, survival mode

What strategies will you use to end your motivational blockers?

HOW DO YOU DEFINE SUCCESS?

NAME ONE THING YOU WANT TO ACHIEVE IN THE NEXT 30 DAYS

Be specific. (For example, I want to lose 4 lbs. which I will achieve by walking 10,000 steps per day and eating 1500 calories of High Carb Low Fat Vegan Whole Foods that I cook each day.

DEFINE ACTION STEPS

Step #1: (ex. Meal plan)

Step #2: (ex. Walk near neighbor on good weather days, go to mall on bad weather days before 10am)

Step #3: (ex. Eat before going to grocery or out with friends)

Step #4: (ex. Eat before going to grocery or out with friends)

(Keep going on another paper if needed)

DETERMINE BLOCKERS THAT MAY ARISE AND YOUR PLAN TO STOP THAT BLOCKER

Blocker:

Action:

Blocker:

Action:

Blocker:

Action:

Blocker:

Action:

ADDITIONAL THOUGHTS
