

Following Through and Staying Motivated - Worksheet

Name:

What Do You Want to Accomplish?

What Are the Steps Necessary to Achieve This Goal?

Due Date:

Why do I want to do this?

What are my fears about doing this?

What are some methods I can use to get through the fear?

What type of calendar will I use to input my action steps based on the steps necessary to follow through with my plans and stay motivated?

What are the distractions you have in your way?

What are my plans to eliminate these distractions?

What parts of the steps I need to do be automated?

What tools do I need for that automation?

In what ways can I incentivize myself through the first part of my plan?

What about my plan makes me feel uncomfortable?

What will the positive results of my efforts be?

Where do I feel that I lack self-confidence? (limiting beliefs)

How can I get the self-confidence (hire a coach)?

ADDITIONAL THOUGHTS
