

Motivational Checklist

Use this checklist to get started with your fast track guide to understanding your motivational blocks so that you can get past them.

Understand Motivation

- Learn the 4 Theories of Motivation
- Decide how these theories relate to your life

Get to Know Your Personality Type

- Take a Personality Test
- Study the Factors of Your Personality
- Be Honest
- Accept Yourself but Know That You Can Change
- Create a Supportive Environment
- Be Accountable to Someone
- Craft a Plan of Action
- Commit to the Plan
- Start Now

Determine Your Ideal Client

- Who Do You Want to Work With?
- Why Do You Want to Work With Them?
- What Do They Need from You?
- Where Can You Find & Connect with Them?

Know the Potential Motivational Blocks People Experience

- How Do You View the World?
- Are You Focused on Outcomes or Purpose?
- Can You?
- Are You a Leader or Follower (both are needed)
- How do You View the World?
- Do You Fear Change/Failure/Success?

- Develop Your Follow-Through
- Ask for The Support You Need

Know How to Unblock Yourself Based on The Blocker & Your Personality Type

- Write it All Down
- Break up Boring Tasks into Chunks
- Set Realistic Deadlines
- Change Your Environment When Needed
- Find Ways to Activate Your Brain
- Study Up
- Know What You Want
- Know How You Define Success
- Know the Cost of Change
- One Thing at a Time
- Failure is One Step Closer to Success
- Take Care of You