

Get & Stay Motivated

The Process

1. Bringing them to the surface:

'What's important to ME about my _____?'
(*'Empty out' at least twice*)

2. Going even deeper:

a) Can I remember a time when I was totally motivated in
the context of my _____?
Can I remember a specific time?

b) As I remember that time, what was the last thing I felt or experienced just
before I was totally motivated?

c) Repeat the above until you don't get any new words

3. Your boundaries:

Look at the list of words you've written so far.

:

"All these values being present,
is there anything that could make me feel unsatisfied or 'leave'?"

Write down the opposite word to that in your list
(*as that will be your value!*)

4. Your boundaries:

"What's the most important to me?"

"What's next ... What's next ... What's next?"

(Do this super quick & trust your gut!)

Re-write the list in order.

'Currently is it getting 'ticked off'?'

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My Values in ranked order

Rank	Value	Currently getting 'ticked off'?