

MOTIVATION

10 QUESTIONS TO ASK YOURSELF TO HELP GET MOTIVATED

- What excites or reenergizes you? What recharges your batteries?
- Think about a time in your past when completing a similar type of task wasn't so hard. What was different? Can you bring some of those elements into the situation now?
- How can you break this task down into three pieces so it feels more manageable?
- How will you reward yourself when you complete this task?
- What self-talk do you notice that you can let go of?
- What about this task is important or meaningful to you?
- When is the best time for you to get this task done?
- What obstacles are preventing you from completing this task? Which of these can you eliminate now?
- How can you make this task fun, interesting, or enjoyable?
- **BONUS:** What needs to change to turn this "should" into a "want"?