

# Find Your Own Motivation

*A Worksheet To Help You Succeed On Your Own Terms*

## **What Is Motivation?**

Motivation is the inner drive to accomplish a task or goal. Real motivation comes from identifying rewards that are truly meaningful to us on a deep level.

For example: Ask almost anyone if they would like to be more healthy, fit and attractive and they are likely to say “yes.” But very few people ever find the inner motivation to do what it takes to exercise consistently or change their eating habits.

Several studies have demonstrated that motivation is very tough to create—meaning if a task is not tied to a strong inner desire a person has, it will be difficult for them to continue working toward that task very long.

Going back to our previous example, consider those who have always struggled to lead healthy lifestyles, who are suddenly struck with a serious health crisis (like a heart attack or cancer.) Often they suddenly are able to quit smoking, change their exercise habits, lose weight.

Did motivation suddenly get created? No, they simply now saw their lifestyle habits as tied to something already important to them—survival.

Motivation comes from two places: Fear of loss or desire for gain.

Motivation takes two forms: Life enhancing or life destroying.

With this worksheet I hope to help you find life enhancing motivation to accomplish in your own life the things you believe are most important.

## **What This Worksheet Will Do For You**

This worksheet will help you to determine what things motivate you, then help you tie those things into your own goals so you can stay motivated as you work toward their accomplishment.

## **How To Use This Worksheet**

This worksheet works best if it is printed out, and if you answer the questions as honestly and openly as possible. It is important to complete the questions in order, as each builds on the one before.

When you were a child, how did you most enjoy spending your free time?

When you were a child, what did you want to be when you grew up?

Describe your best childhood memory....

What was your greatest fear as a child?

What actions did you take to help you cope with that fear?

What was your greatest desire as a child?

What actions did you take to help you achieve that desire?

If you could spend tomorrow doing anything you wished, with money as no object, how you would spend it?

Describe a time in your life when you felt the most content...

In your life so far, what has been your greatest personal accomplishment?

How long did it take you to accomplish it?

Why do you view that as your greatest accomplishment, what made it important to you?

What was the compelling reason “why” you accomplished that goal/task?

## **Conclusion**

Going back through your answers, look for patterns...

Are there things you always enjoyed as a child? Are those the same types of things you enjoy now?

Were you motivated by recognition from others? Or where your greatest motivators internal?

By looking closely at what was important to us in the past, we can often plug into those same motivators in the future.

What was your main motivator as a child and throughout your life?

How can you tap into that motivation to accomplish your most important goals?

**Part II: What Are Your Conscious Motivations Now**