

Motivation Sheet

Sometimes it's hard to get ready to act.

But when you know what really moves you, everything becomes easier.

This sheet will help you discover what motivates you and how to keep it motivated for longer.

It will remind you why it's worth taking action and how to stay motivated - even on bad days.

How to use:

1. Start with what is important to you, it doesn't have to be everything at once.
2. Complete the worksheet at your own pace: daily, weekly or whenever you need it.
3. Treat this tool like a conversation with yourself - honest, supportive.
4. If you want, change the sheet in your own way, add questions, change the order, shorten or expand.

Benefits:

- You'll gain clarity on what drives you and why.
- You will create your own strategy for getting back into action when your motivation drops.
- You will see what helps you the most and what hinders you the most.
- You will receive a personal tool that you can return to at any time.

Comments:

There are no wrong answers here - it's honesty that counts.
If something doesn't fit, replace or omit.

Motivation isn't always loud and flashy, sometimes it's just a silent choice to try again. It doesn't always come on its own, but you can invite it in through small decisions, good strategy, and being mindful of what works for you.

This sheet is your support, not your assessment. Come back to it when you want to remind yourself why it's worth it.

Motivation can be a difficult opponent, but it can also be an extremely useful helper, it is worth taking control over it enough to give wings to your plans and dreams!

What drives me

Check everything that applies to you and/or add something of your own:

- Personal development
- Health and well-being
- Family and loved ones
- Professional success
- Passion and creativity
- Independence and freedom
- Challenges and adrenaline

Other:

Which has been particularly motivating for me lately

What event or thought triggered a surge of energy

My goals and their importance

Objective	Why is it important to me	How I will feel when I achieve it
1		
2		
3		

What makes me stronger



When I feel motivated - what do I do differently

What habits help me stay motivated?

What can I do to make this condition last longer?

Do I have a ritual that helps me get started

Yes - what

No, but I can create - idea:

What's blocking me?

Mark these obstacles that often stop you:

- Lack of energy
- Fear of failure
- Perfectionism
- Too big goals
- Procrastination
- Negative environment

Other:

What can I do when my motivation drops?

- Listen to an inspiring podcast or conversation
- Talk to someone who supports me
- Break the task into small steps
- Remind myself why I'm doing all this

Other:

Action plan and rewards

What I am introducing from today to support my motivation

How will I track my motivation level?

- Daily short notes
- Weekly summaries
- Reminders on your phone
- Conversation with someone close to you

Other:

Rewards for staying motivated for a week:

Reward for staying motivated for a month:
