



THE MINDSET MASTERY METHOD

Motivation Workbook



The Mindset Mastery Method

What is your own personal definition of motivation?

What motivates you?

What can hurt your motivation?

What are three changes you would consider working on over the next few weeks?

Which one are you most committed to work on? (Your Target)

Which specific steps will you need to take to make this change?

What might get in your way in making this change? How will you deal with it?

List 3 things you know about yourself that will help you stay committed and make this change.

Motivation 101

My target is:

Things I have done to stay on target:

Here's what I say to myself when I feel the urge to go off target:

On the scale below, 1 = low commitment and 10 = high commitment.
Where is your commitment toward your target today?

1 2 3 4 5 6 7 8 9 10

What makes you give it this rating?

What do you need to do next to hold your commitment or to move it one point higher? What will help you stay committed?