



# Staying Motivated Worksheet

Everyone feels unmotivated at times. And as an entrepreneur, you may experience those times more often than you'd like. But the key is that you don't let yourself sink into those 'off days' for too long. If you're feeling a slump in your motivation, this worksheet will encourage you to keep pushing.

## UNDERSTANDING MY MOTIVATION

My definition of motivation is:

What motivates me (check all that apply):

- Money
- Fear
- Family
- Desire to get ahead or do better
- Guilt
- Faith
- Goals
- To prove to myself that I'm capable
- The desire to help others
- Other: \_\_\_\_\_

The last time I felt motivated (describe it)



**What made me motivated - made me take that first step:**

**What kept me motivated:**

**How I made it happen:**

**What I told myself when I was feeling unmotivated:**

**What hurts my motivation/the reason I'm feeling unmotivated (dig deep for the core reason). This might be fear, criticism from others (and yourself), shame, laziness, losing hope, lack of support, little progress, etc.**

**What I can do to fix the issue(s) causing me to be unmotivated: Brainstorm ways**



**How can I protect myself from allowing these things to hinder my motivation in the future?**

## **MOTIVATION GOALS**

**One thing I want to be more motivated to do:**

**Why this goal?**

**When I think about this goal, I feel:**

**What will make achieving this goal even more appealing (small rewards along the way, a new pair of shoes, etc.)?**

**When is the best time of day for me to focus and work towards this goal? Why this time?**



**When I tried to reach this goal previously, things that got in my way were:**

**I plan to overcome these obstacles by:**

**If someone were to try to talk me out of this goal or stop me from working towards it today, I would say to them:**

**Specific steps I'll need to take to make this change:**

**Things/tools that will help me stay committed to making this change (books about the topic, motivational audios, an accountability partner, etc.):**



How will I measure my success to know when I've reached my goal:

### TRACKING MY PROGRESS

Things I have done to stay on track:

What I say to myself when I feel like I'm losing focus:

- I control my life. I can continue to \_\_\_\_\_  
[negative action] or I can make this happen and \_\_\_\_\_  
\_\_\_\_\_ [positive result]
- If I don't do this, I'm going to \_\_\_\_\_  
[negative consequence]
- \_\_\_\_\_ is more important to me than  
\_\_\_\_\_ ever was.
- \_\_\_\_\_
- \_\_\_\_\_

How I feel about my progress. On a scale of 1-5 with 1 being poorly and 5 being extremely excited: \_\_\_\_\_

Why I gave this rating.

What I can do to raise the point level or hold the level I am at:

