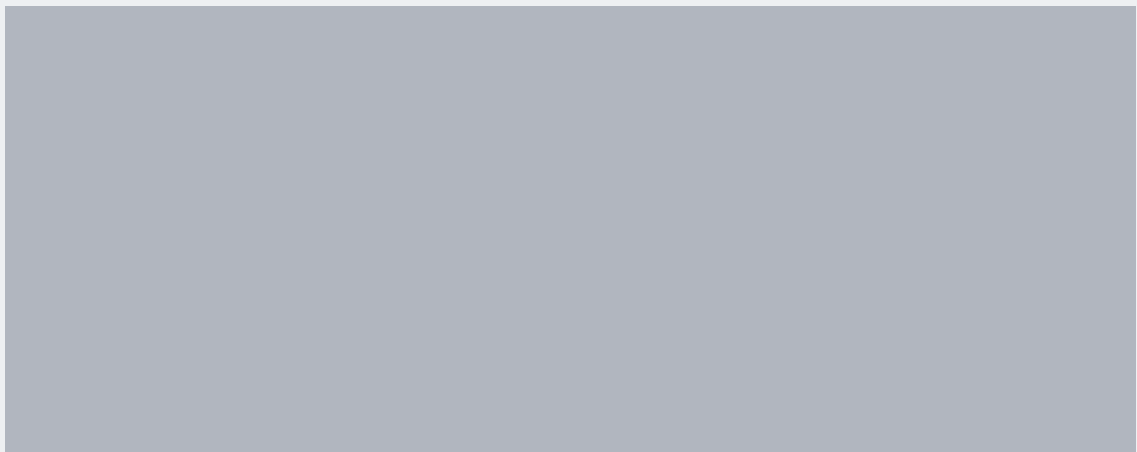


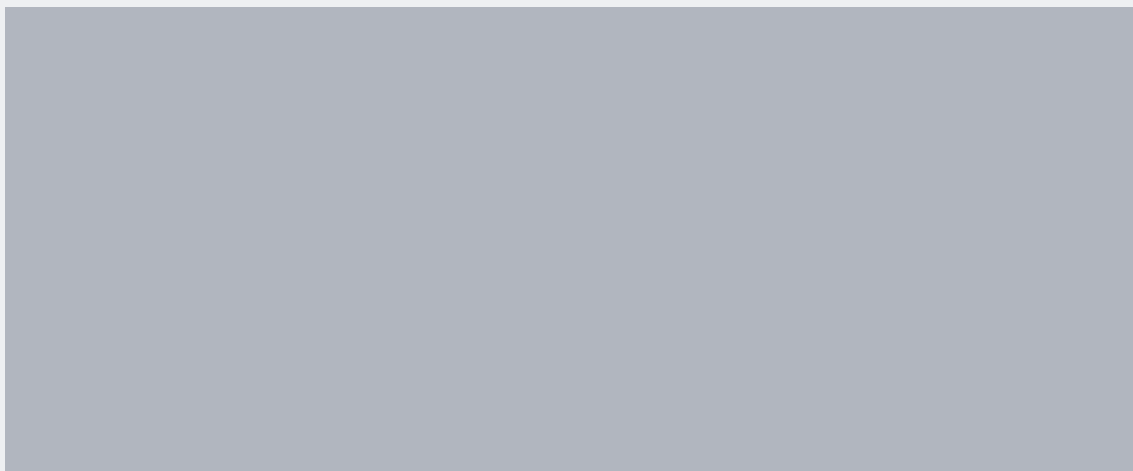
What reasons/excuses do you tell yourself about why you don't feel motivated? Are they actually true?



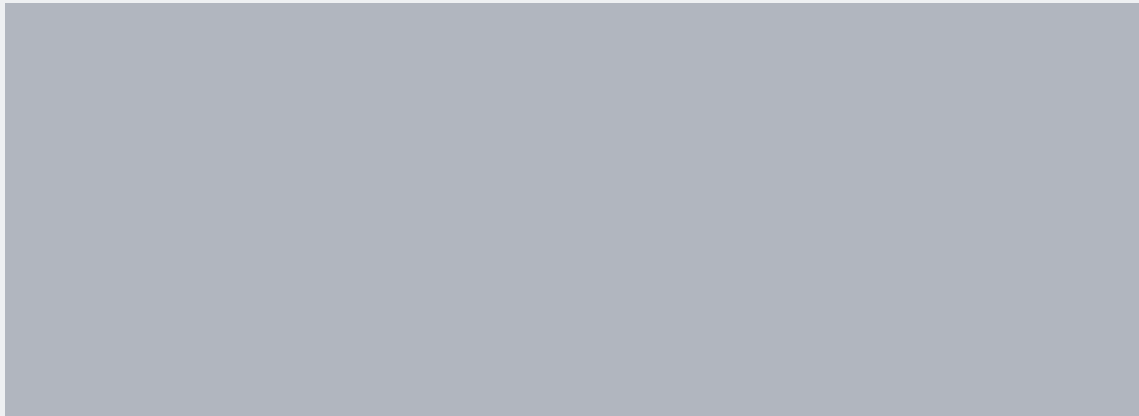
Do you feel it's easy for you to motivate yourself or do you need to be pushed to get stuff done?



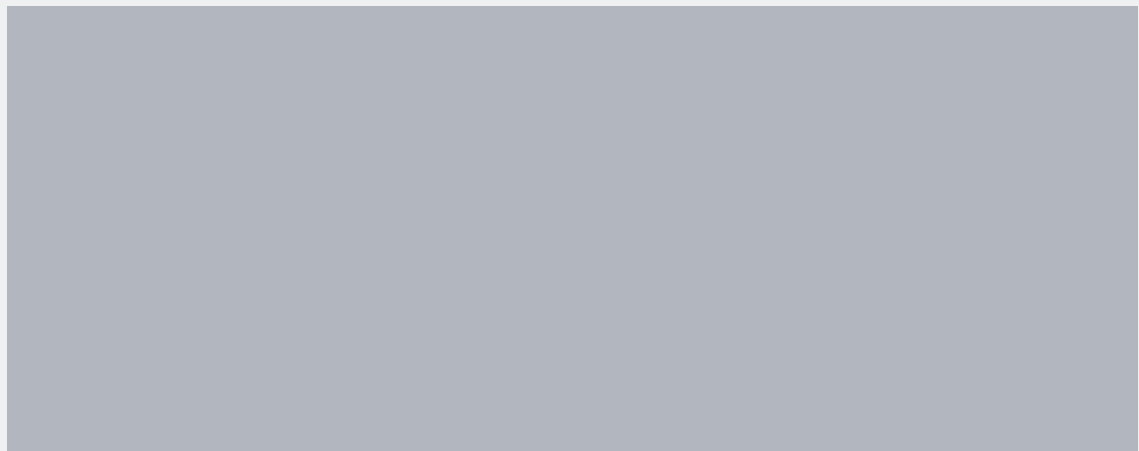
What really motivates you?



When you encounter a new opportunity/goal do you say to yourself 'let's give it a go' or 'that's a lot of effort'?



If you tell yourself that 'it's a lot of effort', what are you afraid will happen if you try? That you'll fail/ not follow through/ people won't like you?



What are all the ways you tell yourself that you can't achieve your goals? Are those problems really true, or can they actually be solved?

