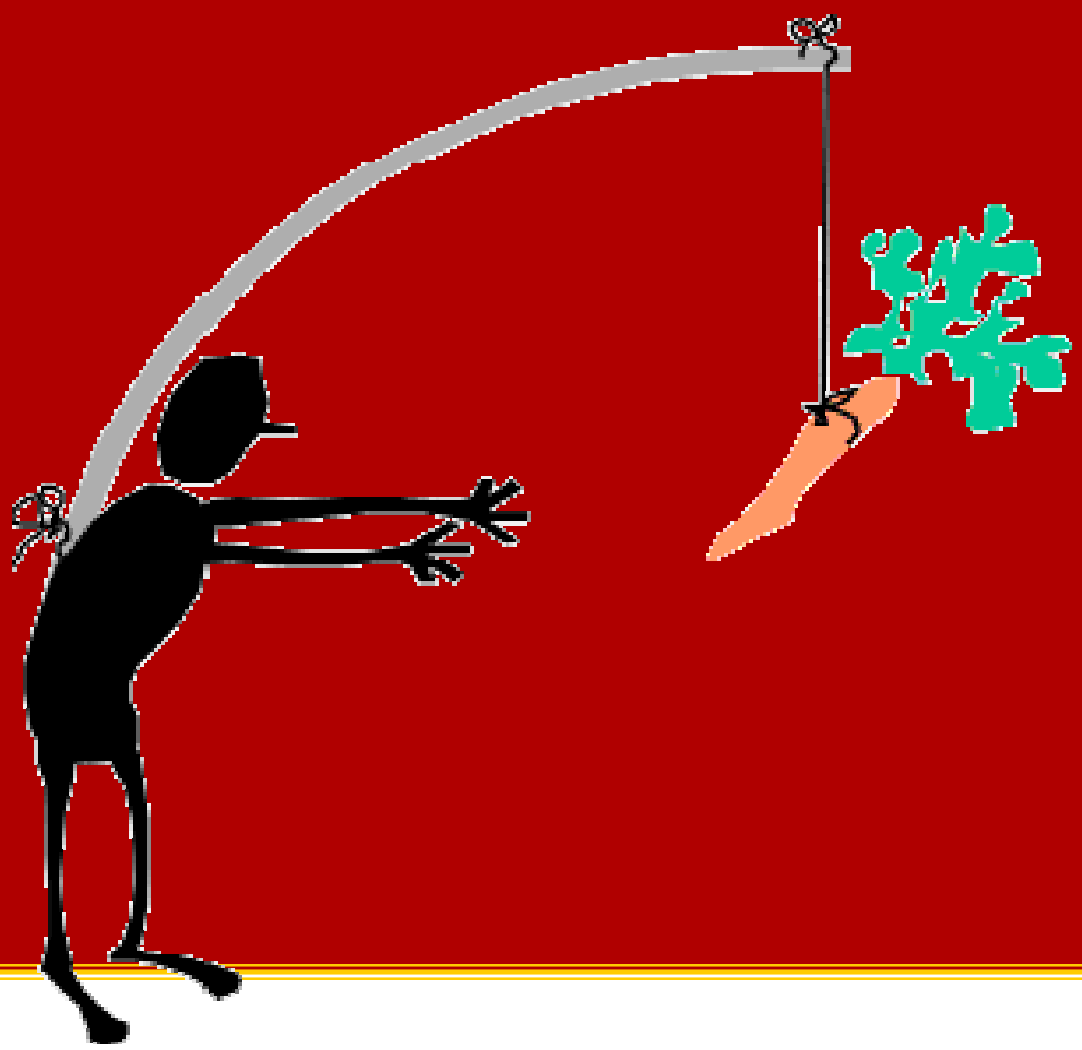
Week 7

Dig Deep For Motivation



Action Sheet

Motivation ***DOES NOT*** have anything to do with the carrot dangling out there. It may get you involved for a moment, but the long-term motivation required for success has everything to do with what you say to yourself.

List 5 decisions you made last week that weren't ideal. For example; you picked the cheeseburger and french fries over the salad

1._____

2._____

3._____

4._____

5._____

In this box list the reasoning that went through your head when making this decision.

1._____

2._____

3._____

4._____

5._____

In many regards, poor decisions are all about the reasoning that goes through our minds, as well as how we define ourselves. Every time you make a decision, you should evaluate the reasoning as well as the way you are defining yourself.

Are You This Person

I am worth it… I can do this… I have time… I can make time… I am the kind of person who makes good decisions… I am the kind of person who deserves good things and success… I can, I can, I can!!!!

WHETHER YOU

THINK YOU CAN,

OR THINK YOU CAN'T.

YOU'RE RIGHT.

OR… Are You This Person

…I never get it right… I can't do this… This is too hard… If I can't be perfect, why bother… I'm not worth the extra effort… It's too late for me to change… Other people's time is more important than my own… I'm not as good at this as other people...