

MIND *Motivation!*

Episode One - Worksheet

The One About - YOU! Winning Starts With Beginning,
So, Let's Get Started...

Things to be grateful for are...

- 1.
- 2.
- 3.
- 4.
- 5.

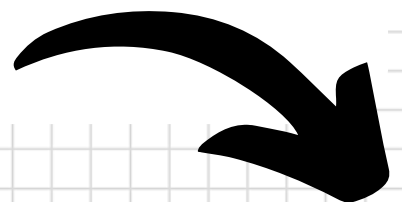
Now add the **reasons** to be grateful...

- 1.
- 2.
- 3.
- 4.
- 5.

Knowledge has no power without action. Use it or lose it.

What are you **motivated** to do right now?

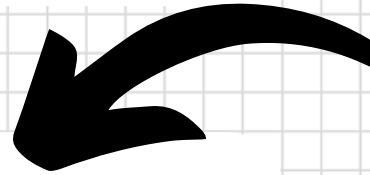
- 1.
- 2.
- 3.
- 4.
- 5.



Why? Add feelings

- 1.
- 2.
- 3.
- 4.
- 5.

WHAT DO YOU WANT? WANT?



List your top 3 goals...

- 1.
- 2.
- 3.

Why are these your goals? Add feelings...

- 1.
- 2.
- 3.

"Insanity is repeating the same actions time and time again, and expecting a different outcome"

- Einstein