



**Mother Jai's Wellness**  
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## **SELF-MOTIVATION WORKSHEET**

### **Motivation is:**

- Process that initiates, guides, and maintains action.
- Reason for taking action and behaving a certain way.
- Inspiration for accomplishing a goal or set of goals.
- **Intrinsic:** from within you, stemming from your past experiences and accumulated beliefs about yourself.
- **Extrinsic:** from outside of you, your view of yourself that stems from culture, society, family, and how you were raised.

**Motivation Fluctuates:** regularly changes depending on what you value most and the current situation you are in. You have the power to change your expectations and your emotional connections to tasks/goals in order to increase your motivation.

- **Low Motivation** = feeling stuck or frustrated with what life has dealt. Not working towards your goals. Complaining about where you're at in life. Tending to believe your weaknesses define who you are and not realizing that you CAN learn and grow.
- **High Motivation** = you work to find opportunities, instead of wait for them, and acquiring the resources to obtain them. Tendency to be deeply interested in what you are working for. Changing weaknesses into strengths, learning from setbacks and failures, and recognizing action as positive change.

**Increasing Your Motivation:** steps taken to increase personal motivation

- 1.** Determine your values, desires, needs, hopes, and dreams through other worksheets or self-exploration.
- 2.** Become aware of your thoughts by practicing Thought Awareness Through Journaling - writing on a daily basis about the thoughts that you had, how they made you feel, and what you did about them.
- 3.** Know your ultimate goal in detail so you know where you are going.

**Answer the following questions.**

**What do you really want to achieve?**

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**What actions/thoughts/skills do you need to change to complete your goal?**

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**What will help you feel more motivated?**

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**What can you do to create more positive emotions aimed at goal completion?**

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**List and detail 3 ways you can feel more passionate about achieving your goals.**

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