### progress

## checklist

# MOTIVATION-RELATED QUESTIONS TO ASK YOURSELF DAILY

#### in the evening

Compassionate intention for the day what would feel good to get done?

What is the plan?

break it down to the smallest steps,

fuel them with emotions,

estimate the amount of time needed to execute

Why am I doing it? 3 main reasons (immediate and long-term)

#### in the morning

How many hours of sleep did I have? realising it helps to set expectations

How do I feel about the plan I made last night? be honest!

#### during the day

Am I eating enough today? no fuel - no score

Am I having enough water today? probably not!

What is stealing my motivation? stress, deadline, negative self talk?