

Instructions

Answer the following questions to reflect on your personal motivations and goals. Take your time and be honest with yourself!

1. What motivates you to achieve your goals?

2. Describe a time when you faced a challenge. What motivated you to overcome it?

3. Who or what influences your motivation the most? Explain why.

4. Write down three specific goals you want to achieve this year. What motivates you to pursue these goals?

5. Create a motivational quote of your own. This can be something that inspires you or a reminder for tough times.

6. How do you stay motivated when you feel discouraged?

7. Reflect on a person who inspires you. What characteristics do they have that motivate you?

8. What are your strategies for maintaining motivation? List at least three.