



SELF-GROWTH AND MOTIVATION WORKBOOK



Introduction

The questions in this workbook can help you find the motivation to take action and grow.

Answer the questions truthfully and revisit these questions whenever you feel your motivation waning.



What Keeps People Self-Motivated?

Passion and discipline are the primary stimulus for self-motivation.

Start here. Write down. What are my interests?

Is there a discipline I follow, such as exercise, workday routine, or a special diet? Jot these down.



A Lack of Energy or Self-Motivation?

If you feel you lack self-motivation, perhaps it could be a lack of energy instead. Check whether you may be energy-deprived due to stress, depression, low self-esteem, or physical fatigue. Energy-enhancing practices may help you, such as:

- * Meditation
- * Reducing sugar intake
- * Eating more nutritious foods
- * Adding vitamins to your diet
- * Incorporating more exercise into your daily routine
- * Getting more sleep

What changes can I make in my daily routine to increase my energy level?



Making Decisions

We create our destiny the moment we make a decision, no matter how trivial. A decision leads to achievement because it involves a commitment to action. Flexibility is important. If the outcome of your decision isn't what you want, learn from it and make another decision.

Do you want to take on an executive position, change careers, or start a business?

Make an important decision that will encourage commitment and action. Write it down.



What action can I take today to start implementing this decision?

Dealing With Excuses

Everyone has dreams, but few put in the effort to turn them into reality. One obstacle that can hold you back is making excuses (a sign of procrastination). At the root of procrastination is avoidance. Identify why you keep putting off taking action or making excuses why you can not do it. **These FIVE types of procrastinators point to common reasons for procrastination.**

- The perfectionist- a subconscious fear of failure
- The passive dreamer- lack of decision-making and abstract goals (lack of structure)
- The overwhelmed avoider- the sheer fear of a daunting task
- The busy bee- too many responsibilities and lack of prioritization
- The easily distracted- short attention span



What excuses prevent me from taking action on my goals?

Clarity About Your Decisions

How do you know you've made a "true decision?" If you make this kind of decision, you'll find yourself acting on it.

An actual decision has clarity. It's specific, and it makes you feel empowered and relieved.

Write down any decisions that are still only dreams – something I will do someday.



How can I empower these decisions?

The Three Decisions That Will Shape Your Life

Make these decisions right now and write them down.

1. What is the primary focus of my life?

2. Define how the situations you find yourself in today affect your present and future.

Situation 1:



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Effect on the present moment:

Possible effect on my future:

Situation 2:

Effect on the present moment:



Possible effect on my future:

And now for the most critical decision:

3. Looking at my current situation, what should I do now? The quicker and more decisive the decision, the higher the impact on your life.

The NAC Concept and Mindset

You can train your subconscious mind for success with Neuro Associative Conditioning techniques. You do this by associating pain with the things you want to avoid and pleasure with the things you desire.



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Your Beliefs Have the Power to Create and Destroy

Check your beliefs and [attachments](#). Are they getting in the way of achieving your goals, or are they propelling you forward? You can use the NAC technique to replace the negative ones with the positive ones.

What negative/limiting beliefs do I hold?

How are these limiting beliefs affecting your attitude and perspective on life? As you write down your answer, allow yourself to feel the emotions.



What empowering beliefs and affirmations can replace the limiting ones? How will they affect your life? Feel the pleasure intensely and visualize the outcome vividly.

Another way to replace negative beliefs with positive ones is to question them. Do some research on the subject and study the lives of those who hold the opposite view.

Transforming Yourself

Transformation is not a long process. It happens in an instant, provided that you've been working towards it. Do you have a powerful intention to change?

What do you want to change now?



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Now use the pain and pleasure principles by answering the questions below (feel and visualize the pain and pleasure):

1. What will this cost me if I don't change?

2. What has it already cost me physically, spiritually, mentally, career-wise, and in my relationships?

3. How has it affected my family and friends?



4. If I transform myself, how will it make me feel?

5. What will this change help me accomplish?

6. How will this change make my family and friends feel?

7. Do Your Research.

Get all the information you can on the subject that interests you. It will generate motivation.



Reward yourself as you progress to keep your motivation levels up. It doesn't matter how small the milestone is. Reward yourself as soon as you achieve it.

What are some rewards that I can give myself when I make progress?

Find Support and Mentorship

Join a community. Nothing can be more motivating than working towards your goals with others who share them. Find communities online or locally that share your passion. One community you can add to your list is our [LEAD group](#) on Facebook. You will meet a community of other growth-oriented individuals and access free training and resources like this one.



Write it down. A list of my favorite support communities here (5):

Your Circle of Influence

Befriend motivated people. Choose friends who are highly motivated so they can support and inspire you.

Who do I know that is the most motivated?

To continue getting motivational updates, Let's connect on [Facebook](#), [Twitter](#), [LinkedIn](#) and [Youtube](#)



Shaping Your Vision and Life Purpose

Read inspirational material. You can find my books on personal development [here](#)

Reading about people who achieve their goals against all odds will motivate you.

Visualize the outcomes repeatedly. Visualization is a powerful technique. Constantly imagining the accomplishments of your goals will help manifest them as reality.

Write it down. A Description of my vision:

Write down your goals. Putting your goals down on paper will help to imprint them on your brain. What are my most important goals?



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Give yourself a spiritual goal or noble cause. A spiritual goal such as enlightenment or working for a worthy cause can be a powerful motivator.

What is my noble cause?

Be Health-Conscious

If you look after your health by exercising regularly and eating the right foods, you'll have more energy and higher motivation.

Know your "peak hours." Find out your most productive time of the day and do your most demanding tasks during this period.



Write it down. What are some of my past successes?

What are my peak hours? What tasks should I accomplish in these hours?

Feedback and Progress

Journals are a popular method for self-reflection and generating feedback. Start journaling about your successes and the insights you glean on the way to your goal.



Relive past successes. Follow the example of high achievers. Focus on your victories every morning, and your brain will create new neural pathways that will help you replicate these successes.

Keep Your Target in Sight.

Make an effort to remember your target at all times. If you focus on the pleasurable outcome, you'll create more positive results.

Be tenacious.

Use each day wisely – take action, no matter how small, to make your dreams come true.

Write it down. What can I do today to move closer toward my goals?



Last Words and Encouragement

Don't Look for Perfection.

The key to being highly motivated and growing is to act without worrying about perfecting your output. Get on with it.

Do the challenging task first. Once you've put the more difficult tasks behind you, you can relax and do the easier ones.

Practice spiritual awareness. Be in the moment when you act. Don't dwell on the past or the future. After all, the present creates the projected result.

Use self-affirmations. Telling yourself repeatedly that you're getting better every day in every way is bound to cause your brain to believe it.

What are some self-affirmations that make me feel good about myself?



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Use inspirational quotations. These revolve around the lives of famous and highly motivated people who have succeeded against the odds. Consider quotes that resonate with you and make them your life mantra.

Write it down. What are my favorite quotes?

You have the most effective keys to motivation and self-growth in your hands. Use them to materialize your dreams!

Lastly, consider joining the [weekly podcast, Tagline](#) to make the most of your professional and business life. Stay Motivated-cheers!

Take [action](#) now and begin your journey to building a life you truly want

