

Motivation Quiz: How to Get Started Again

"Nature has given us all the pieces required to achieve exceptional wellness and health, but has left it to us to put these pieces together."

- Diane McLaren, Founder of Healthy You Naturally Wellness Centres (Canada)

There are seven main reasons motivational wanes.

They're listed in the column on the left below. Each cause has a solution. Match the solution with the cause. (Not all solutions match to a cause.) The correct answers and other techniques will be discussed and revealed at our session on April 19, 2022.

You can sign up for this free session at apr19-iam.eventbrite.com.

Take a Quiz!

Cause

1. Your life has taken a different path and the original goal no longer matters
2. You mistake the natural ebbs and flows of motivation as losing motivation
3. Mental health issues
4. You're focusing on the effort instead of the benefits
5. You're picking goals that are too big
6. You're focusing setbacks, not successes
7. The physical or psychological discomfort of doing your new habit

Solution

- A. Decide to stop. (Really!)
- B. Focus on how you will feel when you've accomplished your goal.
- C. Make your goal smaller
- D. Use better time management
- E. Look at how far you've come instead of how far you have to go
- F. Fake it until you make it
- G. Set up some rewards
- H. Get a buddy/ Join a support group
- I. Seek professional help
- J. Use a To Do list
- K. Make it easier to move forward

Notes:

Intentions Affirmations Manifestations
FROM "WHAT IF..." TO "WHAT NEXT..."

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