

Building Your Motivational Muscle: Planning Worksheet

Briefly describe your motivational challenge:

Which of the following tools will you be using to improve your motivation during this challenge?

v	Categories and Tools
	Start With Warmups
	I am managing my hydration, diet, sleep, breaks, and exercise, and I am minimizing stress.
	Quick Sprints
	Pomodoro Technique
	Fast Start
	Running the Long Race
	Smallest Next Step
	Don't Break the Chain
	Reframe and Clarify Goals
	Explore the Journey, Not the End Result
	Use CLEAR Goals Instead of SMART
	Set Skill-Building Goals
	Join a Team
	Accountability Partners
	Share the Work

For more information about any of these motivational tools, refer to the reference page <https://www.leaderideas.com/building-your-motivational-muscle-2/>, or use this QR code on your phone:

