

MOTIVATION AND INSPIRATION

Pinterest style

1 What gives me genuine energy instead of simply distracting me from what I need to do?

2 What goal am I excited about, even if I'm not ready to pursue it perfectly?

3 Who inspires me, and what specific quality of theirs would I like to develop in myself?

4 What is something I accomplished before that proves I can keep moving when things get difficult?

5 What small win from this week deserves more appreciation?

6 What am I grateful for right now that makes pursuing my goals feel worthwhile?

7 What would I work toward if I stopped waiting to feel completely motivated first?

8 What is one meaningful action I can take today that my future self will appreciate?

