

Motivation and Self-Trust



1. What emotion tends to show up when I procrastinate, and what might it be protecting me from?

2. Am I pursuing this goal because I genuinely value it or because I want approval from other people?



3. What does success mean to me when I remove social media, comparison, and other people's expectations?

4. What recent decision made me feel proud of how I handled myself emotionally?



5. What is one emotional pattern I want to understand better over the next month?

