

CREATING MOTIVATION & DISCIPLINE

Grading	Exceptional (4 points)	Competent (3 points)	Needs Improvement (2)	Unsatisfactory (1 point)	Score
Re-Visiting My Values	Always aware of my values – they are clear, specific & they always powerfully motivate me to achieve my goals & targets.	Mostly aware of my values – they are clear, specific & they mostly motivate me to work towards my goals & targets.	Sometimes aware of my values – they are not very clear, & when I think of them they help me move forward.	Not sure of my values – I just get busy dealing with what is in front of me each day & don't really focus on moving forward.	
Eradicating My Fears	Completely aware of my fears & the stories I tell myself about them. I am aware of how they hold me back & deal with them & then move forward.	Mostly aware of my fears & the stories I tell myself about them. I am often aware of how they hold me back & mostly deal with them & then move forward.	Sometimes aware of my fears & the stories I tell myself about them. I am sometimes aware of how they hold me back but still struggle to move forward.	Rarely aware of my fears & the stories I tell myself about them. My fears create so much paralysis I can't move forward.	
Understand What Motivates Me	Absolutely know what motivates me: I am clear on my big 'why', I seek inspiration, always write my lists, reward myself, organise breaks & monitor self talk.	Mostly know what motivates me: I am clear on my big 'why', mostly I seek inspiration, mostly write my lists, reward myself, organise breaks & monitor self talk.	Sometimes know what motivates me: not real clear on my big 'why', I seek inspiration & write my lists, when I think of it. Don't take breaks often.	No idea what motivates me: have no big 'why', I just get busy dealing with what is in front of me each day – no time to worry about getting motivated.	
Personal Success Routine	Always recognise when I am experiencing shame & am able to release it. No difficulty standing up for myself & open heartedly speak about my beliefs.	Sometimes aware of where I struggle. Have some disciplines in place: I have my pattern built, set goals & often visualise, I sometimes stay present & reward myself. Can sometimes get back up if I fall.	Rarely aware of where I struggle. Rarely a set pattern, have vague goals & visualise if I think of it. Find myself all over the place most days. Difficult to get back up if I fall.	Unable to identify where I struggle. No set pattern, my only goal is getting through the day. Find myself all over the place most days. Can't get back up if I fall.	
Personal Success Routine	Always implement my personal success routine, action taken daily, disciplines set and motivation always high.	Mostly implement my personal success routine, action taken most days, discipline mostly good & feel motivated.	Rarely implement my personal success routine, action taken some days, discipline & motivated come and go.	Don't use a personal success routine, rarely take action, undisciplined & unmotivated.	
Personal Mastery	Always pay attention to how I feel, how others feel and respond accordingly. Accountability set to self, others & my values so I stay authentic & back myself.	Mostly pay attention to how I feel, how others feel & respond accordingly. Mostly accountable to self, others & my values so usually stay authentic and mostly back myself.	Rarely pay attention to how I feel, how others feel & respond accordingly. Rarely accountable to self, others & my values so I often abandon myself.	Don't pay attention to how I feel & how others feel – just mood alter to cope. Abandon myself when it gets to hard which is most of the time.	

Action Items

Final Score

/24