



CREATING MOTIVATION & DISCIPLINE

STEP
1



RE-VISIT MY VALUES

In order of importance in my life my values are:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

The stories I tell myself about them are:

My priorities moving forward are:

STEP
2



ERADICATE MY FEARS

My major fears are:

CREATING MOTIVATION & DISCIPLINE

STEP
3



UNDERSTAND MY MOTIVATORS

Tick when you have these in place:

- ☐ My big 'Why'
- ☐ Seek Inspiration
- ☐ Write my lists
- ☐ Reward decided
- ☐ Breaks organised
- ☐ Self-talk positive

STEP
4



DISCIPLINE

Tick when you have these in place:

- ☐ Awareness of where I struggle to stay on track
- ☐ Built my pattern
- ☐ Goals set and visualised
- ☐ Present and mindful
- ☐ Reward set
- ☐ Plan what to do if I get off track

STEP
5



PERSONAL SUCCESS ROUTINE

Designed to bring motivation and discipline together. Describe your routine here:

STEP
6



PERSONAL MASTERY

WARNING: Motivation and discipline don't respond to logic, come and go for no apparent reason and seem immune to emotions so we need to be vigilant with our personal mastery - this involves both EQ and Personal Discipline. Tick areas you need to spend some time working on:

- ☐ Knowing what I feel
- ☐ Adjusting how I feel
- ☐ Recognising what others feel
- ☐ Influencing how others feel
- ☐ Accountability
- ☐ My moral code of values