



Get Motivated!

What Words *INSPIRE* YOU to ACTION?

INSTRUCTIONS

Which words most inspire you to take action? Which words demotivate you? This exercise will help you find out!

1. First pick 3 activities; a short-term goal, a long-term goal and an activity you don't enjoy (eg. a household chore) and write them in the **Goals/Activities Table** below.
2. Now look at the **Word List** below and pick 4 expressions you use when thinking about your activities and goals. Select a mix of words you know you use - and some that appeal to you (or choose your own words). Then write them in the far left column of the **Motivational Words Discovery Table**.
3. Finally, use the words in the left-hand column of the **Motivational Words Discovery Table** to make a sentence in your mind for each of your 3 goals/activities. Take a moment to really FEEL into each statement, then write your score out of 10 (where 1 is totally uninspired and 10 is excited!) for how inspired you feel to do each goal/activity in turn.

WORD LIST

NECESSITY: *I Must, I Have to, I Should, I Ought to, I've Got to, I Need to, It's Necessary to, It's Time to, I'm Allowed to*

POSSIBILITY: *I Might, I Could, I'm Able to, I Can, I Intend to, It's Possible that, I'll Try to, I May, I Wish I*

PROBABILITY: *I Will, I'd Love to, I Choose to, I Dare to, I Deserve to, I Want to, I've Decided to, I Get to, I'm Ready to*

GOALS/ACTIVITIES TABLE

Write your Short-term goal here:	Write your Long-term goal here:	Write an Activity you don't enjoy:

MOTIVATIONAL WORDS DISCOVERY TABLE

Make a sentence using the 9 sets of words below for each of the 3 goals/activities above. Score how inspired you feel out of 10 to do each one.

1. I MUST / 10 / 10 / 10
2. I HAVE TO / 10 / 10 / 10
3. I MIGHT / 10 / 10 / 10
4. I WILL / 10 / 10 / 10
5. I'D LOVE TO / 10 / 10 / 10
6. / 10 / 10 / 10
7. / 10 / 10 / 10
8. / 10 / 10 / 10
9. / 10 / 10 / 10

To wrap up, write out: **Which word/s MOST MOTIVATE you?** **Which word/s DEMOTIVATE you?**

1. For a Short-term Goal _____
2. For a Long-term Goal _____
3. For an Unenjoyable Activity _____

What you have learned about yourself? What will you do differently? _____