

## Session 3

### Taking Action

*"No plan and no action will lead to no results."* – Germany Kent

#### EXERCISE

Let's start by using WORKSHEET 1. It's a great exercise to do over a cup of coffee. It's a fairly vague list of questions designed to help you look for key points, patterns, and similarities from your responses. It's supposed to help you take action based on what you've observed.

In order to move forward and consistently stay motivated, you must take action (do something). Taking action can seem overwhelming. So, think of it like this...

Actions are steps. When you walk, you take steps. **Your actions will be steps forward, moving consistently to stay motivated.** And, as long as you're moving forward, it doesn't matter how slow you go. Just keep moving!

In Session 1 you made out the "where you want to BE" list. Get that list out now. We are going to work on breaking that list down into small steps. Remember, you should always be moving forward.

This was my example list from Session 1:

- Go to college
- Start a business
- Take a yearly vacation
- Design clothes
- Take a photography class
- Become more organized
- Start Yoga
- Exercise daily
- Make more money

I'm going to pick some things from my list to start with. You do the same. Try to pick the top 5 things that seem the most important to you at this time in your life.

- In order for me to **make more money**, I will need to **go to college**.
- In order to go to college, I need to **become more organized**.
- To be more organized, I will need to de-stress. So, **starting Yoga** makes sense to me.
- Since I'm going back to college and want to **start a business**, I am going to major in fashion so I can **design clothes**.

## Motivate Yourself Now (self-motivation course)

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As you can see, I picked 6 things from my list. And if you want to pick more than 5, or if your “plan” involves more than 5 (like mine does), that’s great. Do what feels the most comfortable for you!

**Next, you will create some actions (small steps). These are mine:**

1. Go to college
  - a. Decide on an area of study: Fashion (design clothes)
  - b. Figure out what I can afford
  - c. Figure out a schedule that works
  - d. Find the college that meets the above needs
2. Become more organized
  - a. Invest in a whiteboard
  - b. Invest in sticky-notes
  - c. Carry around a journal
  - d. Create a daily schedule
3. Start Yoga
  - a. Look for classes in my area
  - b. Figure out what I can afford
  - c. Figure out a schedule that works
  - d. Add Yoga to my daily schedule

Now, once I get further down my path, and with my experience of step-taking, I will have the confidence to start my own business, ultimately leading me to my passion of designing clothes.

As you break things down into small steps (or actions) and put everything into lists, it shouldn’t seem so overwhelming anymore. And this may not be something you can throw together in an hour. You may have to do some real thinking here. You’re basically carving out a new path for yourself. Why? Because you’re stuck on your current path, unhappy and unmotivated. And you were probably unsure what to do about it, until now.

### EXERCISE

WORKSHEET 2 [will help inspire you to take action](#). It will help you find out which words demotivate you and which words MOST motivate you. It's an exercise you won't want to overlook.

Now get working on your new path. Be productive! Put on some music, work in a peaceful environment, take some time for yourself, and carve out something beautiful.

You’re worth it!!

*Elizabeth Debol*

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