

Motivation Surfing Worksheet

START HERE:

1. What are you trying to get done?

3. What would strengthen your motivation for each action?:

1.

2.

3.

5. How can you ensure you will remember to do each action at these times?

1.

2.

3.

2. What actions will help you get it done?
List 3:

1.

2.

3.

4. When is your motivation for each action at its highest?:

1.

2.

3.

Do each action at these times.

6. How can you make each action easier to do at these times?:

1.

2.

3.

