

## 10 Questions to Ask Yourself to Help Get Motivated

1. What excites or reenergizes you? What recharges your batteries?
2. Think about a time in your past when completing a similar type of task wasn't so hard. What was different? Can you bring some of those elements into the situation now?
3. How can you break this task down into three pieces so it feels more manageable?
4. How will you reward yourself when you complete this task?
5. What self-talk do you notice that you can let go of?
6. What about this task is important or meaningful to you?
7. When is the best time for you to do this task?
8. What support do you have to get this task done?
9. What obstacles are preventing you from completing this task? Which of these can you eliminate now?
10. How can you make this task fun, interesting, or enjoyable?
11. **BONUS: What needs to change to turn this "should" into a "want"?**