



# Your Motivation Quiz

## How Motivated Are You?

This quick quiz gives you an idea of how motivated you are currently. Turn over for your results plus great tips to get you more inspired and focused - and what your coach could help you with.

**INSTRUCTIONS:** Think about your goals, then answer the questions by selecting the response CLOSEST to how you feel in your life *currently*. And remember that the answer you select is just an indicator - there are no right and wrong answers.

### 1. Can you visualize or imagine the benefits of this goal/s for YOU?

- a. Yes, I can clearly see/hear/imagine/feel the rewards I will get by achieving my goal/s
- b. I know what the benefits might be, but I can't quite imagine achieving them
- c. No, I find it hard to imagine things being different

### 2. How prepared are you to make changes to your life to achieve your goal/s?

- a. I'm ready to do whatever I need to do to make it happen
- b. I'd like to see how much I can achieve / I'm pretty busy but am ready to make some effort
- c. I'm not ready to make big changes yet / I have too much going on to change much

### 3. How passionate are you about achieving your goal/s?

- a. Absolutely, I want it more than anything else right now
- b. I want to get there - but at my own pace
- c. A little / If I can make a small change I will be happy

### 4. How much support would you like with the planning and execution of your goal/s?

- a. I would love support in specific areas (eg. brainstorming / action planning / identifying obstacles / accountability)
- b. Some support is good / If I make a plan I am more likely to stick to it
- c. I need some help to get started

### 5. Do you persevere? How much willpower do you have?

- a. When I set my mind to do something, I achieve it
- b. It varies. I have good days, but sometimes life gets in the way / I get distracted or tempted off-track
- c. Not much. I have often given up in the past due to a lack of willpower or commitment

## YOUR SCORES

	a's	b's	c's
TOTALS			

Now turn over for your results and tips.



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## Your Motivation Quiz Results

### MOSTLY A's - The Big Leap!

✓ You are well-motivated, organized, determined and keen to make changes.

**PROs:** You will achieve your goals one way or another, and if you don't there's always a very good reason.

**CONs:** You may be so focused on achieving your goals that you forget to celebrate, enjoy the journey or let other things in your life slip. Also, goals are sometimes easier to achieve when we slow down, letting things flow rather than pushing.

**Ask your coach to help you:** Look at your life balance - are you relaxing and having enough fun? How could you enjoy achieving your goals more? Is there an easier way to achieve your goals? Your coach may also help you connect to yourself: What's most important to you in life? How do you want to feel once you've completed this goal? Is this goal what you really want, or is it for someone else? Where do you sabotage your "self"? Your coach may even ask you to stretch your goal and make it bigger - because when it's a MORE exciting goal we sometimes achieve it faster!

### MOSTLY B's - The Middle Way!

✓ When a goal is big and important enough you take action, but like most people you occasionally struggle to stay focused and motivated. You have a full life and probably know what works for you, but are you set in your ways? Your motivation may vary as you're unsure how change would fit into your life. This means that sometimes you let life live you rather than actively creating the life you want.

**PROs:** Life is predictable and safe (even if busy). You mostly feel settled and may have good "life balance".

**CONs:** It's easy to get nice and settled in your comfort zone. But we also take longer to achieve our goals because we don't have the motivation, clarity, organization, energy and/or support we need to go the extra mile.

**Ask your coach to help you:** Get super clear on why you want your goals so you're more inspired to take action! Make a plan, get committed and take regular action. Also ask your coach to help you identify where you self-sabotage and put steps in place for when you go off-track. If you're set in your comfort zone, ask your coach to stretch you and help you find new, exciting directions. If your 'comfort' zone is constantly rushing around, ask your coach to help you with life balance, getting more organized and saying no. Your coach may also look at things like what zaps your time and energy and creating positive, healthy habits to make you even more effective.

### MOSTLY C's - Small Steps...

✓ Perhaps you're happy with your life and your goals are simply a fine-tuning exercise.

✓ Or perhaps you're not really enjoying your life and are struggling to get moving on your goals. Maybe you can't see the benefits of your goals enough. Maybe your life is simply too busy and overwhelming or maybe you've been going after the wrong goals...

**PROs:** If you only want your life to be a little different, small steps are the perfect way to hone and shape your life the way you want it. Change rarely happens overnight and taking it slow also lets you fit change into a super busy life. Setting - and achieving - smaller goals can also motivate us to go for something bigger next time! Finally, taking it slow helps us reconnect to ourselves and figure out what we really want.

**CONs:** Smaller steps obviously mean a goal takes longer to complete. Sometimes we lose momentum or motivation because progress is so slow! And it's unlikely you'll see big changes without putting more effort in.

**Ask your coach to help you:** Get to know yourself and what you want from life. What makes your heart sing? Even if your time and energy is limited, your coach can help you figure out goals that truly inspire you. A coach can help you break your goals down into measurable steps and create an action plan that works - holding you accountable and celebrating your progress. Your coach may also help you look at limiting beliefs, self-sabotaging habits, your lifestyle and life balance, values - and encourage you to think bigger so you can have a life you're really excited about.

*Anyone (however busy) can make the life changes they need - with patience, understanding, determination and support! A 10,000 mile journey starts with a single step, and ALL action (however small) either moves you forwards or teaches you something. So what are you waiting for?*

## Boost Your Motivation Homework:

- **Awe:** Sometimes life feels like it's just one action after another. When and what did you last wonder or marvel at?
- **Images can be powerful:** Think of a symbol, object or word that represents your goal and INSPIRES you (eg. a role model, a glossy fruit bowl, a mountain, an animal). What qualities does your object have that you'd like more of? Now put a picture somewhere you will see it regularly (eg. car, computer screen, mirror, wallet, fridge door etc).
- **Get to know yourself:** Start a journal and record what motivates you (or doesn't) during your day - and give them a score: \_\_\_/10. Review and notice the activities, patterns and habits that boost, and get in the way of, your success!