
UNDERSTAND YOUR MOTIVATION

Reflection Activity: Set aside 10-20 minutes to understand yourself in this area

1. What is my motivation for studying - my "why" or my "vision"?
 - a. How will I feel when I achieve this?
 - b. What will be different?
 - c. What will I see, feel, and do that is different?
2. What beliefs/ assumptions do I hold around this motivation? (and do they have a positive or negative effect on my motivation?)
3. How strongly would I act or fight for this? (score out of 10)
4. What am I prepared to give up so that I can achieve this?

Social/ Fun/ Family
Time
Money (earnings forgone or cost)
Energy
Other?

5. When I feel like it is too much, is it important enough for me to "just keep swimming"?
 - a. If not, why not? Why is it not that important?

6. What barriers am I putting up?

7. Am I pursuing a path that is not my dream, because I am afraid?

8. If so, what can I do about it?
 - a. And what will I commit to changing about my inner self or my actions?

9. Is there something I need to "prove" about myself?

*..at the end of my life, do I want to be able to say
that I gave it my all, or that I gave up?*

...People regret what they don't do...

What WILL I do?