

Chapter 6: Assignment

Recognizing the Trap of Motivation

Objective: Understand the limitations of relying on motivation and learn how to tap into determination when motivation disappears.

Instructions:

1. Identify a Recent Goal You Set:

- Think of a recent goal you were excited about but found yourself losing motivation as time went on (e.g., a new diet, learning a skill, starting a project).
- Write what the goal was and how your motivation felt at the beginning.

2. What Happened When Motivation Faded?

- Reflect on what changed when your initial excitement wore off.
- In two to three sentences, describe what specific moment or obstacle made you lose motivation and how it affected your progress toward the goal.

3. Motivation vs. Determination Reflection:

- Now, think about what would have happened if you relied on determination instead of waiting for motivation to return.
- In a short paragraph (three to four sentences), write down how you can harness your determination and create a plan to accomplish the mission.

4. Apply Determination to a Current Challenge:

- Choose a goal you're currently working on or something you want to achieve in the near future.
- Write down one practical strategy you will use to stay determined when motivation fades (e.g., setting small milestones, visualizing success, or creating a reward system). (We will build on milestones in a later chapter and retouch on this.)

Bonus Reflection:

- Write a sentence or two reminding yourself that motivation will not always be there, but determination can guide you to success. Keep this statement as a reminder for when you feel stuck.

Outcome: This assignment will help you recognize the weaknesses of relying on motivation and give you practical tools to stay committed with determination, ensuring you don't fall into the motivation trap again.

Additional Space

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