

## **Chapter 3: Assignment**

### **When Motivation Lets You Down**

**Objective:** Reflect on a time when you relied on motivation to achieve a goal, but it either never showed up or faded, causing you to lose momentum. This exercise will help you understand the limitations of relying solely on motivation.

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#### **Instructions:**

##### **1. Reflect:**

Think of a time when you set a goal and started off feeling motivated, but eventually, that motivation disappeared. Maybe it was a fitness goal, a work project, or a personal challenge. (The bigger the goal, the better).

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##### **2. Write a Brief Reflection:**

- What was the goal you were trying to achieve?
  - How did you feel when you first started?
  - When did motivation start to fade, and what happened as a result?
  - What did you learn about relying on motivation alone?
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##### **3. Now take a moment to reflect:**

- What would your life have been like if you had achieved this goal?

