## **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.

Instr	uctions:
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).
	project, or a personal chancings. (The orgger the goar, the oction).
2.	Write a Brief Reflection:
	O What was the goal you were trying to achieve?
	<ul> <li>How did you feel when you first started?</li> </ul>
	O When did motivation start to fade, and what happened as a result?
	O What did you learn about relying on motivation alone?

## 3. Now take a moment to reflect:

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

0	Think, what was the ripple effect of not achieving this goal?
0	Would you consider attempting this goal again? If so, based on what
	you have learned, what would be different this time?
	you have rearried, what would be different this time.
Outcome: T	his exercise highlights the fleeting nature of motivation and the
-	of discipline, structure, and accountability. By reflecting on past
challenges ar	nd strategizing for future success, you're building resilience and a
	prioritizes consistency over short-term excitement. Apply these
lessons movi	ng forward to ensure long-term success in any goal you set.
	Additional Space