

EXERCISE: Motivation Action Plan

Write down a goal that you've been unable to achieve because of low willpower (you can name the goal you described earlier in this chapter).

How have you been trying to achieve the desired goal?

What do you think you need to do to reach the desired goal?

Review your responses to the weak willpower-strategies checklist, and revise your previous ineffective motivation strategies to come up with a new list of strong motivation strategies (hint: do the opposite of what you've been doing). As a guideline, you may want to review how Emma did this. Write down your new strategies.

1. _____
2. _____
3. _____
4. _____
5. _____

Once you've created your motivation action plan, it's time to put it into practice. You might want to keep the action plan handy, so you can refer to it whenever you're reminded of the desired goal.