7 STEPS TO FINDING YOUR MOTIVATION

What's the one thing that drives you toward success? Reframe your mindset around what inspires you with the motivation illuminator.

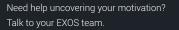
The motivation illuminator helps you create a statement that summarizes who you are, what drives you, and where you want to be instead of focusing on a goal or end result. In just seven steps, you'll create a vision statement. uncover the advantages and disadvantages of living life aligned with your vision statement. and write a personalized motivation statement that helps drive you toward success every day.

Choose ten words from the list below that are meaningful to you. Don't worry about selecting evenly from each category, instead choose words that best fit you. Then circle the three that are most meaningful to you right now.

PHYSICAL PERFORMANCE	PAIN	APPEARANCE	
 Endurance Fitness Strength Power Speed Resilience Personal best 	 Relief Pain-free Freedom Activity Movement Function Prevention 	 Lean Choice Comfort Confidence Attractiveness Youthfulness Tone 	
HEALTH	RELATIONSHIPS	ENERGY	
 Vitality Longevity Health Quality of life Feel alive Aging Spirituality 	 Family Commitment Responsibility Giving Connection Support Presence 	 Energy Empowerment Restful Focus Alertness Vitality Enthusiasm 	
EMOTIONAL WELL-BEING	WORK PERFORMANCE	CHALLENGE (NEW THINGS)	
 Balance Presence Motivation Calmness Happiness Contentment Optimism 	 Focus Efficiency Productivity Communication Creativity Success Organization 	 Evolve Try Open Exciting Accomplish Challenge Goal 	
01	06		
02	07		

02 03 04 05

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Create a short vision statement using the three words you circled. Think about what living your best life would look like. *I want to raise a family while staying committed to my work and challenging myself to try new things.*



Read your vision statement a few times. Think about what it means to you and let it soak in. *Then fill the four boxes below.*

Disadvantages to not living in alignment with your vision statement.	Advantages of not living in alignment with your vision statement.			
l might not reach my career goals or my goal income.	More time to hang out with my family.			
Disadvantages of living in alignment with your vision statement.	Advantages of living in alignment with your vision statement.			
alignment with your vision	alignment with your vision			
alignment with your vision statement. I may have to work long hours or	alignment with your vision statement. I'll be satisfied with my career and			

Read what you entered in the upper left and bottom right boxes. These boxes show the contrast between the life you want and the life you might have if you don't live in alignment with your vision statement.

Read what you entered in the upper right and bottom left boxes. These boxes represent the barriers to living your ideal life: bad habits in the upper right and excuses and perceptions in the bottom left.

Finally, look back at everything you've written. Study it and *take a moment to think about how it can impact your life*.

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Create your motivation statement using five words or less. It should capture all of the emotion, intent, purpose, and power of what you've written throughout this exercise.

Will your motivation statement make you excited to start your day? If not, start over. Sometimes it takes work to uncover your true motivation.

