

# 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.**



## 01

*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
<ul style="list-style-type: none"> <li>+ Endurance</li> <li>+ Fitness</li> <li>+ Strength</li> <li>+ Power</li> <li>+ Speed</li> <li>+ Resilience</li> <li>+ Personal best</li> </ul>	<ul style="list-style-type: none"> <li>+ Relief</li> <li>+ Pain-free</li> <li>+ Freedom</li> <li>+ Activity</li> <li>+ Movement</li> <li>+ Function</li> <li>+ Prevention</li> </ul>	<ul style="list-style-type: none"> <li>+ Lean</li> <li>+ Choice</li> <li>+ Comfort</li> <li>+ Confidence</li> <li>+ Attractiveness</li> <li>+ Youthfulness</li> <li>+ Tone</li> </ul>
HEALTH	RELATIONSHIPS	ENERGY
<ul style="list-style-type: none"> <li>+ Vitality</li> <li>+ Longevity</li> <li>+ Health</li> <li>+ Quality of life</li> <li>+ Feel alive</li> <li>+ Aging</li> <li>+ Spirituality</li> </ul>	<ul style="list-style-type: none"> <li>+ Family</li> <li>+ Commitment</li> <li>+ Responsibility</li> <li>+ Giving</li> <li>+ Connection</li> <li>+ Support</li> <li>+ Presence</li> </ul>	<ul style="list-style-type: none"> <li>+ Energy</li> <li>+ Empowerment</li> <li>+ Restful</li> <li>+ Focus</li> <li>+ Alertness</li> <li>+ Vitality</li> <li>+ Enthusiasm</li> </ul>
EMOTIONAL WELL-BEING	WORK PERFORMANCE	CHALLENGE (NEW THINGS)
<ul style="list-style-type: none"> <li>+ Balance</li> <li>+ Presence</li> <li>+ Motivation</li> <li>+ Calmness</li> <li>+ Happiness</li> <li>+ Contentment</li> <li>+ Optimism</li> </ul>	<ul style="list-style-type: none"> <li>+ Focus</li> <li>+ Efficiency</li> <li>+ Productivity</li> <li>+ Communication</li> <li>+ Creativity</li> <li>+ Success</li> <li>+ Organization</li> </ul>	<ul style="list-style-type: none"> <li>+ Evolve</li> <li>+ Try</li> <li>+ Open</li> <li>+ Exciting</li> <li>+ Accomplish</li> <li>+ Challenge</li> <li>+ Goal</li> </ul>

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# 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.**

02

**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.*

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03

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.

*I might not reach my career goals or my goal income.*

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Advantages of not living in alignment with your vision statement.

*More time to hang out with my family.*

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Disadvantages of living in alignment with your vision statement.

*I may have to work long hours or some weekends.*

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Advantages of living in alignment with your vision statement.

*I'll be satisfied with my career and able to provide for my family.*

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04

**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.

05

**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.

06

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

07

**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.

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