

#13 — THE MOTIVATION FINDER

Five questions to uncover what's truly stopping you — and what will actually move you forward.

Motivation isn't magic.

It's alignment + clarity + energy — and when one of those is missing, motivation disappears.

Use this guide when you feel stuck, unmotivated, overwhelmed, or procrastinating on something that matters.

1. Do I lack motivation... or do I lack clarity about what to do next?

Most “lack of motivation” is actually confusion in disguise.

Clarity creates momentum.

Your thoughts: _____

2. Am I avoiding the task, or the feeling the task brings up?

You're not procrastinating the action —
you're paralyzed by the emotion attached to it.

Your thoughts: _____

3. Is this something I *want* to do or something I'm pressuring myself to do?

Want energizes.

Pressure paralyzes.

Your thoughts: _____

4. What is the smallest possible step I can take that feels doable right now?

Motivation grows from movement, not the other way around.

Start microscopic.

Your thoughts: _____

5. Will doing this move me closer to the life I want, or keep me repeating the one I'm trying to leave?

When the purpose is clear, the motivation follows.

Your thoughts: _____

FINAL REMINDER:

You don't need more motivation.

You need a reason, a direction, and a step.

Motivation appears when you move — not before.