

Journal Prompts: Motivation & Drive

1. What drives you to achieve your goals?
2. How do you stay motivated when things aren't going as planned?
3. What long-term goals do you have, and what are the smaller steps you need to take?
4. Reflect on a time when you felt extremely motivated. What fueled that energy?
5. How do you maintain motivation when you're feeling burnt out or overwhelmed?
6. How do you celebrate small successes along the way to big goals?
7. What is the difference between intrinsic and extrinsic motivation for you?
8. What does success look like to you, and how can you start aligning your actions with it?
9. How do you recharge your motivation when it begins to fade?
10. Write about a time when you pushed through lack of motivation. What did you learn?