

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
+ 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

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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.

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.

Advantages of not living in alignment with your vision statement.

More time to hang out with my family.

Disadvantages of living in alignment with your vision statement.

I may have to work long hours or some weekends.

Advantages of living in alignment with your vision statement.

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

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.

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