

Life Coaching Webinar – Assignment

Session Four

1. Do a motivation audit. When are you motivated and actually follow through? What are the circumstances? Who is involved?
2. When are you demotivated? What are the circumstances and who is involved? What conflicts did you find?
3. Think of ways to structure your time and involvements around motivating circumstances and people. What would it take to design your time and life in that way?
4. List the small steps that you will accomplish in order to be like the "ant."
5. Work through the list of the path to get a complete plan.