

What's my Motivation Exercise

For each Gotta Try That Goal, try to identify as many specific arguments as you can that fit under each category.

My Gotta Try That Goal is: _____

Payoff of Attaining Goal	Value	Risks of Attaining Goal	Value
Risks of Status Quo	Value	Payoffs of Status Quo	Value

After you list all your arguments, give each a value between 5 (very important to me) to 1 (not important to me). If the total for column 1 is greater than the total for column 2, you have the motivation to pursue your goal successfully. If Column 2 is higher, you (at least) need to evaluate or research your options to maintain your focus and momentum.

Total Column 1:

Total Column 2 :