

FIND YOUR ROCKET FUEL



What do you need to get done?

TASK/GOAL	TARGET COMPLETION DATE	DUE DATE

Let's first identify the obstacles that have you stalled:

<input type="checkbox"/> Procrastination <input type="checkbox"/> Sustained Energy <input type="checkbox"/> Overwhelm <input type="checkbox"/> Lack of Structure <input type="checkbox"/> I do not understand the assignment <input type="checkbox"/> I am missing critical information <input type="checkbox"/> Accountability	<input type="checkbox"/> Time Management <input type="checkbox"/> Lack of Interest <input type="checkbox"/> Fear of Failure <input type="checkbox"/> Deadline too far in the future <input type="checkbox"/> Accountability <input type="checkbox"/> Getting started <input type="checkbox"/> Other _____
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What boosts your energy in each of the 5 categories below/ Take a moment and list out the opportunities to create a micro-shift forward.:

Interest	Urgency	Connection
<input type="checkbox"/> Fun <input type="checkbox"/> Novelty <input type="checkbox"/> Curiosity <input type="checkbox"/> Micro-Changes <input type="checkbox"/> Rewards	<input type="checkbox"/> Competition <input type="checkbox"/> Fake Deadlines <input type="checkbox"/> Gamification <input type="checkbox"/> Timers <input type="checkbox"/> Tracking	<input type="checkbox"/> Share Your Goal <input type="checkbox"/> Buddy System <input type="checkbox"/> Accountability Partner <input type="checkbox"/> Delegation <input type="checkbox"/> Seek out Expertise <input type="checkbox"/> Study Location

Now think about when, where, how and with whom you will create micro-changes in your current approach to create a new level of interest, urgency or connection to boost your energy and effort in the time that you have.

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SPECIFIC TACTICS I WILL USE

Interest	Urgency	Connection

For each task, consider the components of rewards, effort, and time spent.

MOTIVATION EQUATION

REWARD	<input type="checkbox"/> Meaning of task <input type="checkbox"/> Reason for task <input type="checkbox"/> Reward for staying on track	
EFFORT	<input type="checkbox"/> Single Action Step <input type="checkbox"/> Clarity of Process <input type="checkbox"/> Externalization	
TIME	<input type="checkbox"/> When will You do this task? <input type="checkbox"/> When will you have time for a reward? <input type="checkbox"/> How much time do you need for the task?	