

# LOW MOTIVATION BACK-UP PLAN

What goal are you prioritizing this month?

Goal \_\_\_\_\_  
\_\_\_\_\_

List up to 3 actions that you are taking each day to achieve your overall monthly goal?

1: \_\_\_\_\_  
2: \_\_\_\_\_  
3: \_\_\_\_\_

Now, make a back-up plan for when motivation is running low.

List your expectation for each action when your motivation is at its highest.

(For example, if my goal is to write every day, at my highest, I will write for 1 hour each day).

1: \_\_\_\_\_  
2: \_\_\_\_\_  
3: \_\_\_\_\_

List your expectation for each action when your motivation is average. (Take the example from above, I would choose to write for 30 minutes each day instead of 1 hour).

1: \_\_\_\_\_  
2: \_\_\_\_\_  
3: \_\_\_\_\_

Now, list your expectation for each action when your motivation is at its lowest.

(Following our running example, I would choose to write for 15 minutes each day).

1: \_\_\_\_\_  
2: \_\_\_\_\_  
3: \_\_\_\_\_

Now you have a back-up plan for when your motivation doesn't do what you wish it would. By having adjusted expectations, you know that you can still make progress towards your goals even by taking a small, readjusted action.