



ULTIMATE WORKSHEET FOR INSTANT MOTIVATION BOOST



Introduction

Are you lost and frustrated, feeling like you have no direction at all?

Whether you have lost your passion, or trying to find what's missing in life; this is just a temporary stage of life.

You'll make it through.

No matter how tough it seems to you now, with a little bit of effort, you'll get out of the rut feeling refreshed and clear about what's the next step to take.

How to Boost Motivation Instantly

Too many times, we have underestimated our own power and lose motivation whenever life feels out of control.

Life, however, is within your control.

We are only letting life happen instead of taking charge of it because we aren't really sure what we want. When we don't live with a clear intention, we don't know what to live for and how to lead our lives.

To stay motivated and carry on with life, you need to **find your drive**.

At Lifehack, we teach people a framework that can help anyone to build their own **Motivation Engine**. This involves discovering your Purpose and taking the essential step to lead you in the right direction and get ahead of life.

The Motivation Engine can be broken down into 3 parts:

- **Purpose** - A clear picture of what you want
- **Enablers** - Ways to make baby steps towards what you want
- **Acknowledgement**- The support you need to carry on

To help you boost motivation instantly, here's a simplified version of the Motivation Engine. All these important elements of the Motivation Engine are combined in the following Motivation Checklist.

The Motivation Checklist

This Motivation Checklist is a simplified version of the Motivation Engine to get you a motivation boost instantly. Follow the guidelines and fill out the checklist accordingly.

1. Ask yourself: what do you care about?

Family? Relationships? Careers? Hobbies? etc.

2. Set an objective

Based on what you care about MOST, set an objective for YOURSELF, you own it!

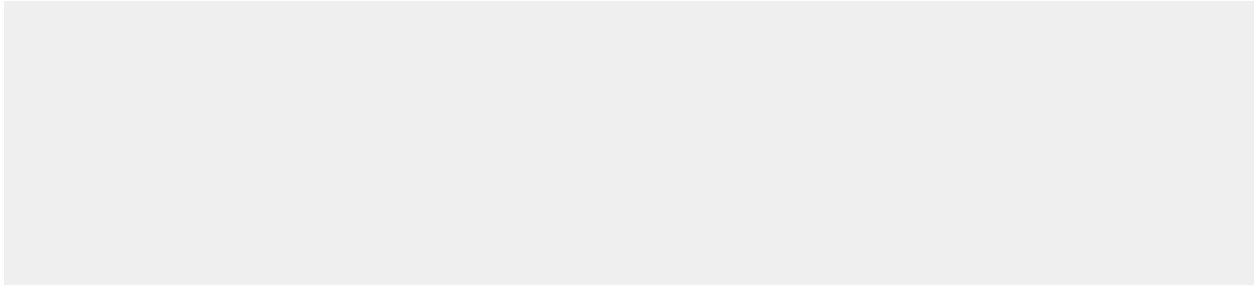
3. Make your objective super clear

What change do you want to achieve and why? Can the result be quantified and qualified?

A [SMART goal](#) is a nice tool to make use of.

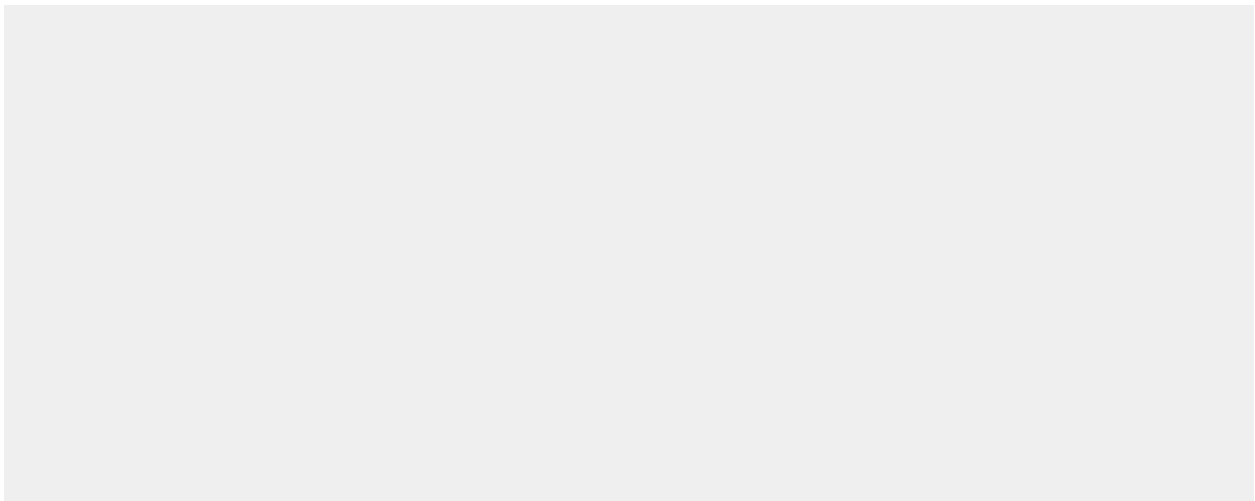
4. Imagine you've achieved the objective

Picture in your mind what you'll be doing, how you'll be like when you've reached the objective. Write that feeling down or draw a picture of that.



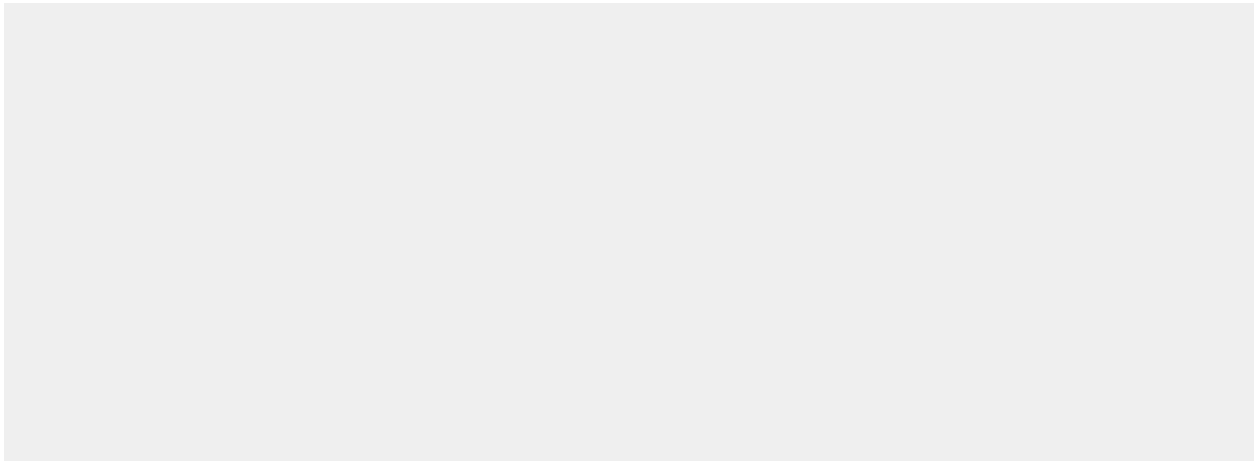
5. Set small targets

What should you do to achieve that? What's the very first step you can do today and tomorrow?



6. Keep track of the small targets

How will you keep track of your progress? How will you celebrate when you reach a target?



BONUS

Paste this checklist on your desk or anywhere visible to you every day, so you can revisit your objective all the time and stay motivated!

Keep Building Momentum!

You've set yourself an objective and some small targets now, so your direction is crystal-clear to you.

But that's not it, you need to start taking actions so what you imagine will happen for real!

As demonstrated in this activity sheet, when you've formed your Motivation Engine, you can stay motivated and carry on to achieve your goals.

The motivation techniques you've learned from this activity sheet are just some of the many valuable skills that we teach in Lifehack's courses.

If you want to always stay motivated and live your best life, stay tuned with our email newsletter. All the tips and tricks that help you take control of your life will be delivered to your inbox!

You're Invited to Join Our Free Webinar!

You're also invited to join our **FREE Fast-Track Class** to learn some effective techniques to always stay motivated! [Sign up here for free now!](#)