

# MOTIVATION

We all lose motivation from time to time (even motivational speakers!) so we must perfect the ability to recapture it when we need it most.

There are three elements that make up our motivation:

**ENERGY**  
**PURPOSE**  
**DISCIPLINE**

We must have **all 3 elements** in order to build and sustain motivation

- **ENERGY** - this can come from EXTERNAL sources (music, podcasts, conferences) but these only work short term. We must develop INTERNAL sources (exercise, rest, meditation) to maintain our energy levels long term
- **PURPOSE** - our goal must be spiritually MEANINGFUL to us and bring us joy in the PROCESS. To satisfy this we must be constantly CREATING and GROWING.
- **DISCIPLINE** - We need to put robust SYSTEMS in place that keep us disciplined and remove DISTRACTIONS.

**Use the template on the next page to define your  
SYSTEM to ensure sustained MOTIVATION**

# MY MOTIVATION CHEAT SHEET

I get my EXTERNAL ENERGY from:

I get my INTERNAL ENERGY from:

I find PURPOSE when I:

My SYSTEMS that keep me DISCIPLINED are: