

M O T I V A T I O N 1 2 3™

MOTIVATION **SNAPSHOT**

MOTIVATION 1 2 3™

The heart and soul of Motivation123 is found in those three little numbers...one...two...three...three simple steps that unlock the drive necessary to make anything happen.

The first step: what do you want? This is the start of it all, for what need do we have for motivation if not to do or be or have something?

The second step: what's at stake? This is where we engage the levers that control our motivation. What rewards will you get—and what costs will you avoid—by reaching the goal?

The third step: what's the next act? Not the sweeping actions that will shake the world, but the very next, very small step forward.

With a clear outcome backed by compelling reasons, you'll take that first harmless step forward. And then you'll take another and another until what seemed like a distant goal is within your grasp.

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That is the heart and soul of Motivation123 and those are the three questions to answer on the following pages, answers that will give you a motivation snapshot of your most important goals—just what you need to make something happen.

You can complete the snapshots directly in the PDF and save or print the black and white version to fill out by hand.

MOTIVATION SNAPSHOT

WHAT ARE YOU AFTER?

WHAT'S AT STAKE?

WHAT'S THE NEXT STEP?

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WHAT'S THE NEXT STEP?

MORE FROM

M O T I V A T I O N 1 2 3™

DO YOU KNOW WHAT YOU WANT?

All the motivation in the world can't help us if we don't first know what we want. Not only that, we have to know what we truly want, which is often different from what we say we're after. Each one of us has a unique combination of goals and dreams that will create the type of life we're hoping for. If you'd like to discover yours, click below.

[LEARN MORE](#)

DO YOU KNOW HOW TO GET IT?

Knowing what we want is only the first half of the equation. From there we have to find a way to motivate ourselves, past fear, past doubt, past procrastination. As mysterious as motivation may seem, there's actually a way to make it happen when you want it. It all comes down to a simple equation. To discover what it is and how it can help you reach your goals, click below.

[LEARN MORE](#)