

LISA G

BONUS: MODULE 8

Motivation To Be
Indistractable

WORKBOOK

LISA G | HIGH-PERFORMANCE COACH

MODULE 08

Motivation To Be Indistractable

Achieving any sort of goal requires motivation—plain and simple. However, sometimes it can be difficult to maintain that motivation throughout the entire process. That's why it's important to have some tricks up your sleeve to help push yourself when things get tough.

This is what high-performance is all about. It's about being above standard norms and staying there consistently for the long run.

The good news is, it's motivating to know that if there's somebody else who's already done it, you can too, and faster.

But when you lose motivation, it's a slippery slope. It's when you just don't feel like doing anything, you just want to chill and watch Netflix. That can be painful when you have big goals and dreams, and you're watching Netflix.

MODULE 08

Motivation To Be Indistractable

UNDERSTAND WHAT MOTIVATES YOU

Now that you have established your goal, WHY do you want the goal? There has to be a purpose or meaning behind it.

So, when things aren't going your way and it's not easy to keep going, you have a powerful why. You must remind yourself of it daily. Otherwise, you aren't going to show up to take the steps you need to take to reach the goal.

GOAL	REASON BEHIND YOUR GOAL

INCENTIVE-BASED MOTIVATION AND CONSEQUENCES

INSTRUCTIONS: Set up a system of rewards and consequences for your goals. By giving yourself something to look forward to (or something to avoid), you can successfully stay on track and achieve the things you've been meaning to do!

What kind of rewards and consequences will you choose?
Picking the right ones is half the battle—But we know you can do it!

GOAL	REWARD	CONSEQUENCE

SUCCESS ROADMAP

INSTRUCTIONS: Reread your action plan from Module 01, but now break each of the larger goals down into smaller action items, listing the systems you'll need or naming an accountability partner or coach, setting a deadline, and establishing KPIs to track your progress.

GOAL

ex. Lose 5 pounds by end of month (November 30 2022)

KPI	SMALLER ACTION ITEMS	SYSTEM / COACH	DEADLINE	STATUS
ex. Lose 1 pound after Week 1	Week 1: work out daily for 30 mins	Exercise Mat, Coach Lisa	November 7	ACHIEVED
	Week 1: Track calorie intake daily	MyFitnessPal	November 7	ACHIEVED

SUCCESS ROADMAP

INSTRUCTIONS: Reread your action plan from Module 01, but now break each of the larger goals down into smaller action items, listing the systems you'll need or naming an accountability partner, setting a deadline, and establishing KPIs to track your progress.

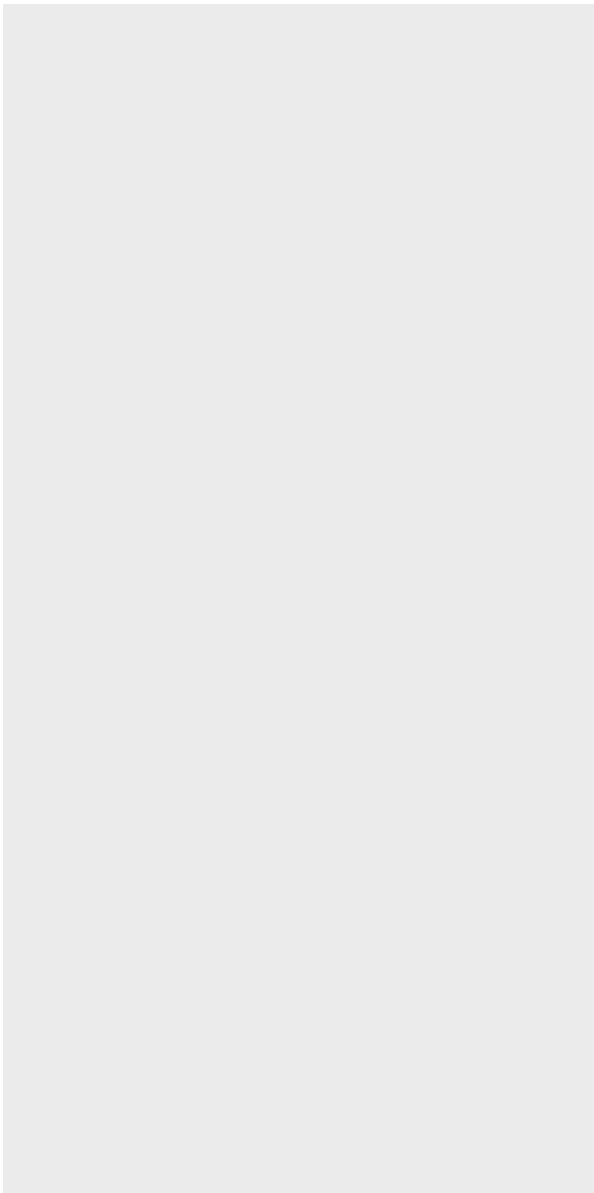
GOAL

KPI	SMALLER ACTION ITEMS	SYSTEM / COACH	DEADLINE	STATUS

THE NEW YOU

INSTRUCTIONS: On the left column, write down the story you tell yourself before you begin this journey with me the last few weeks. Then, on the right column, what is the story you tell yourself now? What are the limitless possibilities you can envision for yourself?

OLD STORY



NEW STORY

