



# Motivation

## My WHY (the honest version)

I'm a therapist because:

I'm in private practice because:

## Self Care

Other people's self care that doesn't work for me & I should stop forcing:

The non-traditional self care that DOES work for me:

## Distractions to Limit

The top 3 distractions that get in the way of my goals:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

How I'm going to limit those:

## Getting Things Done Doesn't Require Motivation

3 things I'll tell myself when I don't wanna:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

## I Know What I'm Doing Next

My plan for planning (suggestion: check out the Abundance Party for done-for-you-planning):