**Josh Sutton Coaching**

**Motivation**

**Section 1: The ‘Big Why’**

What is it that you want more motivation to do?

Why do you want to be more motivated to do this?

What will the impact be of you doing it?

What will the impact be of not doing it?

How will you feel when you complete it?

How would you feel if you don’t complete it?

Why is all of this important to you?

Why have I been avoiding doing this up to now?

Other reasons for doing this:

**Section 2: Gaining Motivation**

**Getting Started**

How can I break down the thing I want to do into the absolute starting point? What are the small series of steps I need to take after this starting point?

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**Music**

Which songs put me in the mood to move? Which ones put me in the mood for focusing? Relaxing? Create a playlist of 5 songs for different moods that you want to get into.

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**Movement**

Which exercises are you capable of doing in the moment? What will be your agreed go-to exercise if you want to feel more motivated? How can I get more movement into my life?

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**Visualisation**

Sit and imagine what it would be like to finish the thing you want to get started on. Where are you? What does it look like? What are you thinking? How do you feel? What are you saying to yourself? What’s the impact on yourself and others?

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