

Build Motivation Workbook



Instructions

Use this worksheet to clarify your short-term goals, identify practical daily actions, and stay motivated by connecting emotionally to your ‘why’. This tool helps you build momentum and learn from those who have already achieved what you are aiming for.

1. List 3–5 meaningful goals that you want to achieve within the next six months. Make sure they are SMART (Specific, Measurable, Achievable, Relevant, Time-bound).
2. For each goal, identify at least one action you can take today to move closer to achieving it.
3. Write down the benefits, rewards, or positive outcomes you expect once you reach each goal.
4. Think of people who have already achieved something similar. What can you learn from their journey?

Goal 1

GOAL (SMART):

ACTION (What can I do today?):

MOTIVATION (Rewards/Benefits):

INSPIRATION (Who has done something similar? What can I learn?):

Goal 2

GOAL (SMART):

ACTION (What can I do today?):

MOTIVATION (Rewards/Benefits):



INSPIRATION (Who has done something similar? What can I learn?):

Goal 3

GOAL (SMART):

ACTION (What can I do today?):

MOTIVATION (Rewards/Benefits):

INSPIRATION (Who has done something similar? What can I learn?):

Goal 4

GOAL (SMART):

ACTION (What can I do today?):

MOTIVATION (Rewards/Benefits):

INSPIRATION (Who has done something similar? What can I learn?):

Goal 5

GOAL (SMART):

ACTION (What can I do today?):

MOTIVATION (Rewards/Benefits):

INSPIRATION (Who has done something similar? What can I learn?):

Hope this exercise has proven useful!

We wish you a happy and fulfilled life!

Warm regards from team at head2heart!!

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Thank you!!