Breakdown your action success calculation for a goal you are trying to achieve. Rate the benefit, cost, and likelihood of success. Then explain what made you rate it that way.

MOTIVATION = (BENEFIT - COST) LIKELIHOOD of SUCCESS.

GOAL

Benefit	Cost	Likelihood of Success
❤️❤️❤️❤️❤️	💲💲💲💲💲	⭐⭐⭐⭐⭐

For the task that you have struggle motivating yourself –
What do you think will happen if you try the task?

Is there a part of you that says "don't bother?" What justification does
that part of your mind use? What data does it use to support its belief?

Where did you develop that belief? Is there
a major experience you can attribute it to?
Was it slowly built up over time? Write a
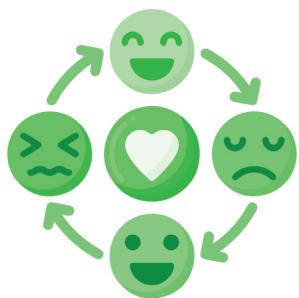paragraph about the experience.

Go back through and for each
line, list out which emotions
you felt during that part.

Which of those emotions do you carry with you still?

Notice that the emotions from those events are actually with you today, building your belief. The next time you want to engage in the task – **look for these emotions.**