

# SHY THOUGHTS TO SAVAGE CONTENT



# MOTIVATIONAL WORKSHEET

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*“Be The Change  
You Want to See”  
-unknown*

HEY THERE LADIES!

WHEN I FIRST STARTED BLOGGING I MET A FELLOW BLOGGER WHO TRULY INSPIRED ME TO TAKE MY BLOG TO THE NEXT LEVEL. COURTNEY, FROM THINK AND GROW CHICK, PROVIDED ME WITH SUCH GREAT INFORMATION THAT I WILL SHARE WITH YOU TODAY SURROUNDING PERSEVERANCE!

MOTIVATION CAN BE HARD TO COME BY ESPECIALLY IF YOU FALL INTO THE SELF-DEFEAT ERA. WE GET INTO RUTS SOMETIMES BECAUSE OUR EFFORTS AREN'T FRUITFUL IN THE TIME FRAMES THAT WE'VE ESTABLISHED OR EVEN SOMETIMES SOMETIMES WE FACE CRISES.

IF SOMETHING BECOMES CHALLENGING IT CAN BECOME HARD TO FIND PASSION OR ENERGY TO MOVE FORWARD. BUT IN ORDER TO FIND SUCCESS YOU HAVE TO PUSH PAST OUR CHALLENGES. WE CAN'T HAVE WINS WITHOUT LOSSES RIGHT?

XOXO,

A handwritten signature in black ink that reads "Cia". The letter "i" has a small heart symbol above it.



# WHAT TO EXPECT:

## Re-Engaging with Motivation

# TWO KEYS TO MOTIVATION

You've heard me say it before, you have to know your why but also don't forget your what. Heidi Grant Halvarson talks a lot about this in her books. She has a wonderful comparison to finding your why and what by using a vacuum metaphor.

When a person vacuums the floor their why is to keep the floor clean and their what is having the vacuum pick up the dirt.



Your **Why** is your big picture and your **What** is the process it'll take to accomplish your why. We WILL get into ruts because life is set up that way but it doesn't mean we have to stay in those ruts. Use the worksheet to re-motivate yourself.

# EXAMPLE

## MY GOAL:

Turn my blog into a business that generates 3k a month with offering digital worksheets and monthly paid challenges

## MY WHY? WHY DO I WANT TO ACCOMPLISH THIS GOAL?

1. So I can be financial free and not dependent on anyone
2. So that I can keep operating in greatness and using my time the way I want to use it
3. So that I have time for my family and never have to worry about fitting them into my schedule

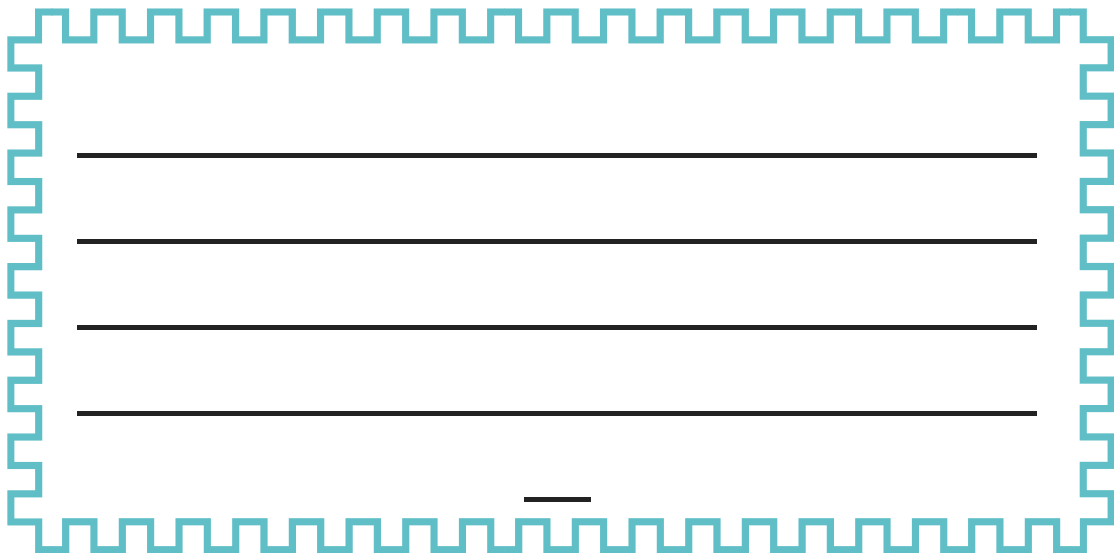
# EXAMPLE

## WHAT ACTION STEPS MUST I TAKE IN ORDER TO ACCOMPLISH THIS GOAL?

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1. Have a steady blogging schedule and stick to it
  2. Develop my first challenge
  3. Exponentially increase my blog traffic and build a community

# WORKSHEET

MY GOAL:



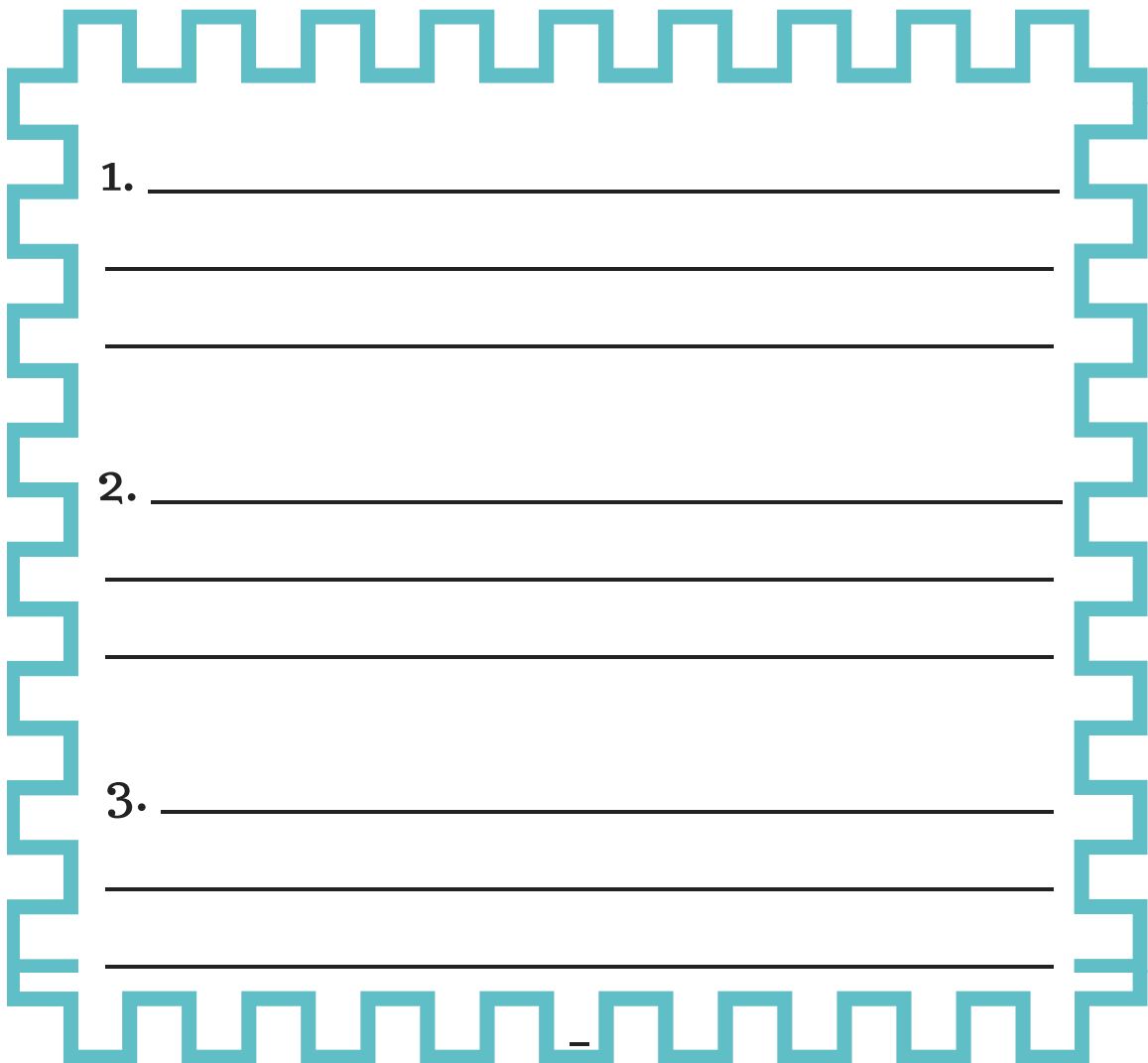
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MY WHY? WHY DO I WANT TO  
ACCOMPLISH THIS GOAL?



1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# EXAMPLE

WHAT ACTION STEPS MUST I  
TAKE IN ORDER TO  
ACCOMPLISH THIS GOAL?

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
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