













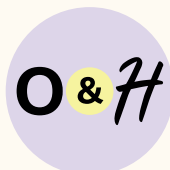


30 Days of Journaling for When You're Unmotivated

	1 Whether the lack of motivation is coming from unrealistic expectations or tiredness.	2 How you could change those expectations to stay motivated.	3 Things that motivate you.	4 Three simple tasks you can accomplish to build momentum.	5 Define the long-term goal and why it is important.	6 What you've accomplished this week, no matter how small.
7 Times of the day you have most energy.	8 Tasks you could do during those times of more energy.	9 Someone who inspires you and why.	10 Identify times you were really motivated and why.	11 Places you could go to get inspired.	12 What around you in the house demotivates you.	13 What around you in the house inspires you.
14 5-minute things you could do right now to move forward.	15 Self-love activities that energize you.	16 People you can talk to who motivate you.	17 The positives of completing the tasks you're putting off.	18 Things that are holding you back and why.	19 5-minute breaks you could take and what you'd do.	20 Things that are distracting you.
21 Ways you can distance yourself from those distractions.	22 People you could be accountability buddies with.	23 Ways life would change if you could overcome the lack of motivation.	24 Tasks you're unmotivated by and how you can break them into smaller tasks.	25 What your strengths are and what you do well.	26 Ways you can track your progress.	27 Things you can do the night before to reduce decision fatigue.
28 Ways you can compare yourself to others less.	29 How long you can do a task before you start putting it off (time yourself).	30 What you can build on tomorrow if you do a little bit today.	       	  	 	 Ordinary & Happy