Unpacking Dips in Motivation Worksheet

Watch the full video related to this topic here.

Journaling Questions

1.	Pick one area where you are feeling disappointed, frustrated, or guilty about your level
	of motivation & action (i.e. writing, posting on social media, cooking healthy meals).

2. Is this a "should goal"?

3. What fears do I have about what I might be like, or how I might change, if I do this thing? (May be fears of others' reactions, of standing out too much, of being more visible, fear of change and the unknown).

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	For each fear write down what the fear is, and your IM perspective on the fear.
1	Does this pursuit have me departing in any way from the norms or ways of my family of
4.	origin? How does it ask me to "leave home"?
5.	Is it asking me to do something I'm not sure how family, friends, colleagues, or community will react to?

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What conflicted feelings do I have about this goal or how I'm trying to get to it? What if nything about it feels uncomfortable?
um I carrying any thoughts or narratives that have made this stressful or undesirable to ne? To my soul?
s there something that needs closure or grieving in my life before I can move on to this ew pursuit?
n touch! For more resources to support your wellbeing like this one, sign up <u>here</u> . Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead, <u>here</u> .