

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).

For each fear write down what the fear is, and your IM perspective on the fear.

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4. Does this pursuit have me departing in any way from the norms or ways of my family of origin? How does it ask me to "leave home"?
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5. Is it asking me to do something I'm not sure how family, friends, colleagues, or community will react to?

6. What conflicted feelings do I have about this goal or how I'm trying to get to it? What if anything about it feels uncomfortable?

7. Am I carrying any thoughts or narratives that have made this stressful or undesirable to me? To my soul?

8. Is there something that needs closure or grieving in my life before I can move on to this new pursuit?

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Get the book, *Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead*, [here](#).