



Motivation Workshop (2) Discussion Notes

What gets in the way?

- Goals lose importance
- Obstacles that stop the momentum
- Hormones/mood
- Lack of focus
- Distractions
- Lack of willpower
- Other things you'd rather be doing
- Personal life
- Events outside of your control
- Not enough hours in the day / conflicting priority
- Complacency (being good enough)
- Novelty vs "same old, same old"
- Other people's priorities
- Goals that are not clear enough
- Goals that are too big / overwhelming

How can we overcome these challenges?

- Surround ourselves with positive people
- Have smaller, bitesize goals
- Accountability
- Check original goals for how realistic and time based
- Regular 'check-in'
- Ask for help
- Your why!
- Laser focus
- Treat yourself
- Have the right resources
- Remove barriers
- Have Mantras
- Have a Vision Board
- Work with others



How can we overcome these challenges? (Cont'd)

- Use Mind Maps
- Set specific timescales
- Set your environment up for success
- Look back at how far you've come
- Have a regular status report
- Keep going – Don't quit!
- Encouragement

What are your key takeaways/actions?

- Re-assess goal I have had for past 3 years (new role)
- Make time to do the things I want / need to do
- Make things a habit
- Sequential habits
- Default diary
- Accountability
- Atomic Habits – James Clear