

Objective: to determine your personal buttons & when you will push them for motivation

Everybody has buttons. We all have certain things that make us happy, sad, angry, motivated, etc. From our unique personalities and life experiences, we have built in buttons. To use personal motivation to the max, you must (1) know your motivation buttons (2) know when you will need to press your motivation button (3) press your motivation button when you need it. Think of a time you felt motivated. What was it specifically that sparked this emotion? Competition? Success? Failure? A movie? A song? A quote? A thought? A phrase? A person? A goal?

Exercise 1: Write out all of your motivation buttons.

My Motivational Buttons Are: (List Below)

Exercise 2: List situations you'll press your motivation button

Situations you will press your motivation button:

(strong examples: during conditioning; before doing extra workouts; when you're feeling tired, lazy, or bored; when you are hungry; when getting an urge to snack)