

Discover your motivation

This framework will help you find your motivation to fulfil your vision and your goals.

1. Basic information

Once again, write your vision and your affirmation about the future.

MY VISION

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MY AFFIRMATION

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Besides that, remember the goals you mentioned in your five-year plan.

	ADJUSTED GOALS & OBJECTIVES
CAREER	
PRIVATE FINANCE	
HEALTH	
FAMILY	
OTHERS	

From your quadrant II framework (Q2), how much additional time will you have available for developing the new skills?

I	II
III	IV

New % of time on Q2 – _____%

Additional hours per week – _____ hours

Can you make any conclusion from the list of things/activities above? If so, write it here:

MY CONCLUSION

What is it that you would like most in the future?

WHAT I WOULD LIKE THE MOST

What would you like to master, have or keep in the future?

WHAT I WOULD LIKE TO HAVE, MASTER OR KEEP

Where can you find inspiration for writing a motivation? (Books, internet, peers, managers, experts, entrepreneurs, mentors...)

SOURCE OF INSPIRATION

3. Motivation statement

Write a motivation statement using all the information you learned from the previous questions. This statement should be a source of inspiration when facing challenges or difficult times.

MY MOTIVATION STATEMENT
