

The Motivation Map

7 Science-Backed Tools to Spark and Sustain Your Drive

Use this map to light the spark of motivation and then keep the fire alive. Remember: what gets you motivated isn't the same thing as what keeps you motivated.

Spark Strategies (Getting Motivated)

1. Connect to Meaning

Write down 3 reasons this goal matters to you. Link each one to a feeling you want more of (calm, confidence, connection).

☐ Reason 1: _____

☐ Reason 2: _____

☐ Reason 3: _____

2. If-Then Plan

Choose one cue and one action.

- If it's _____, then I'll _____.

Example: *If it's 7 a.m., then I'll meditate for 5 minutes.*

3. Identity Statement

Fill this in: *I'm the kind of person who _____.*

Example: *I'm the kind of person who nurtures my relationships.*

Fuel Strategies (Staying Motivated)

4. Track Your Wins

Mark even tiny progress every day.

☐ Today's win: _____

5. Build a Rhythm

Anchor your new habit to something you already do.

- After I _____, I'll _____.

Example: *After I brush my teeth, I'll write in my journal.*

6. Daily Mindfulness

Choose one simple practice:

☐ Breathe for 2 minutes

☐ Eat one meal without distractions

☐ Sit in my car and set intention before walking into work/the house

7. Lean on Support

Pick one person to share your goal with.

☐ My accountability buddy is: _____