CHECKLIST · PERSONAL DEVELOPMENT

FREE PREVIEW

Motivation Maintenance

Staying motivated ensures consistent progress toward your goals. Use this checklist to keep your drive strong and focused.



10 steps · Print-ready A4

NAME	START	TARGET DATE

1 Clarify Your “Why”

Identify the deeper purpose behind your goals.

EXAMPLE *“I want to get fit to feel healthier and have more energy for my family.”*

2 Set Specific, Achievable Goals

Break your goals into smaller milestones for clarity.

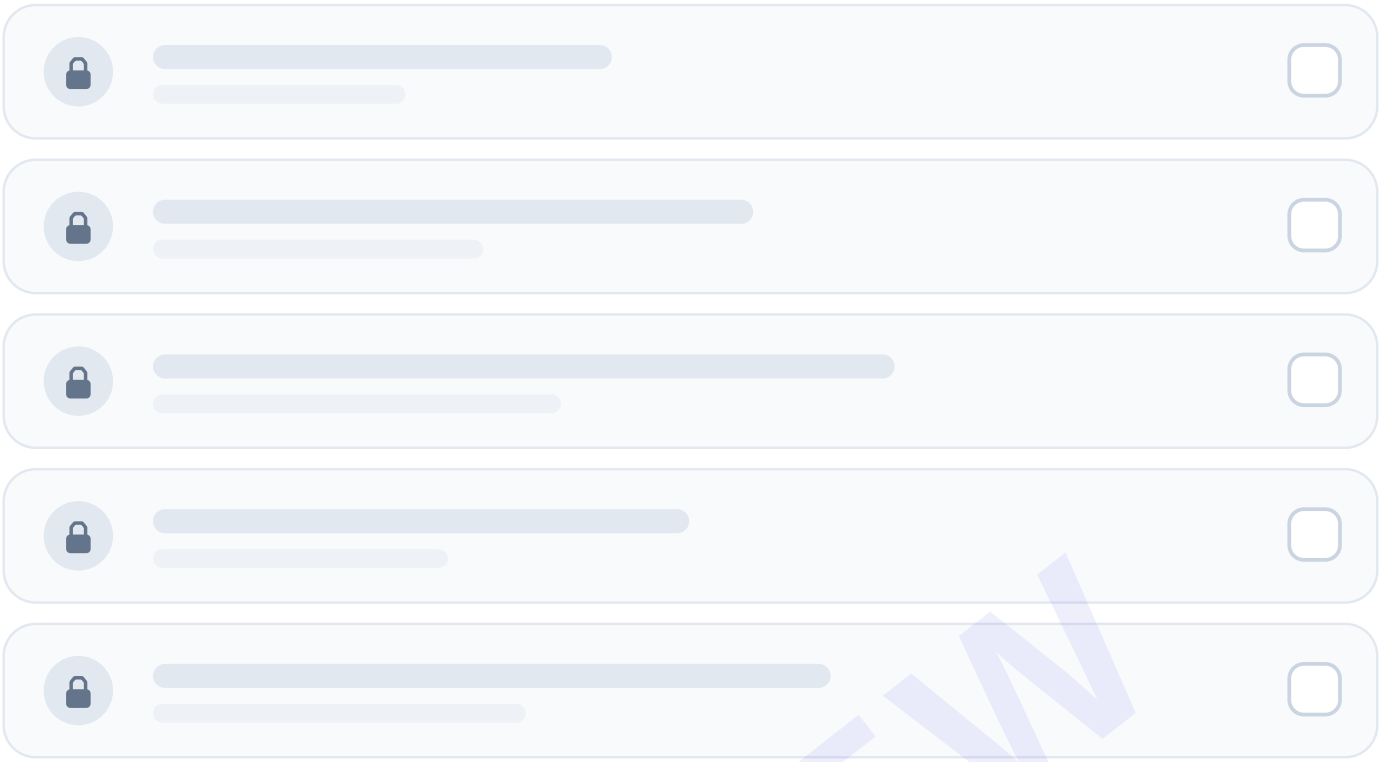
EXAMPLE *“I’ll write 500 words daily to complete my novel.”*

3 Visualize Success

Picture the outcome you’re working toward.

TIP *Create a vision board to keep your goals tangible and inspiring.*

PREVIEW



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