

# 20 Questions to Boost Your Motivation

**When your motivation starts to lag, ask yourself these 20 questions.**

1. Why am I feeling discouraged?
2. Have my goals changed?
3. Am I no longer feeling challenged?
4. Am I really ready for this change?
5. What is out of sync? What is missing?
6. Am focusing on the wrong things?
7. How can I approach this to get myself back in sync?
8. Is there a different way to do this?
9. Would letting someone help me make a positive difference?
10. Are my expectations for this realistic?
11. Do I need to adjust my timeframe to better meet my goal?
12. Do I need to adjust my goal to better meet my timeframe?
13. What would someone else tell me about this situation?
14. If someone else had this issue, what would I tell them?
15. Is there anything I can do to shake things up?
16. What am I'm doing right?
17. Why did I choose this goal? (remember your 'why')
18. What do I need to feel motivated again?
19. What do I need to do now?
20. What can I do right this minute to get back on track?