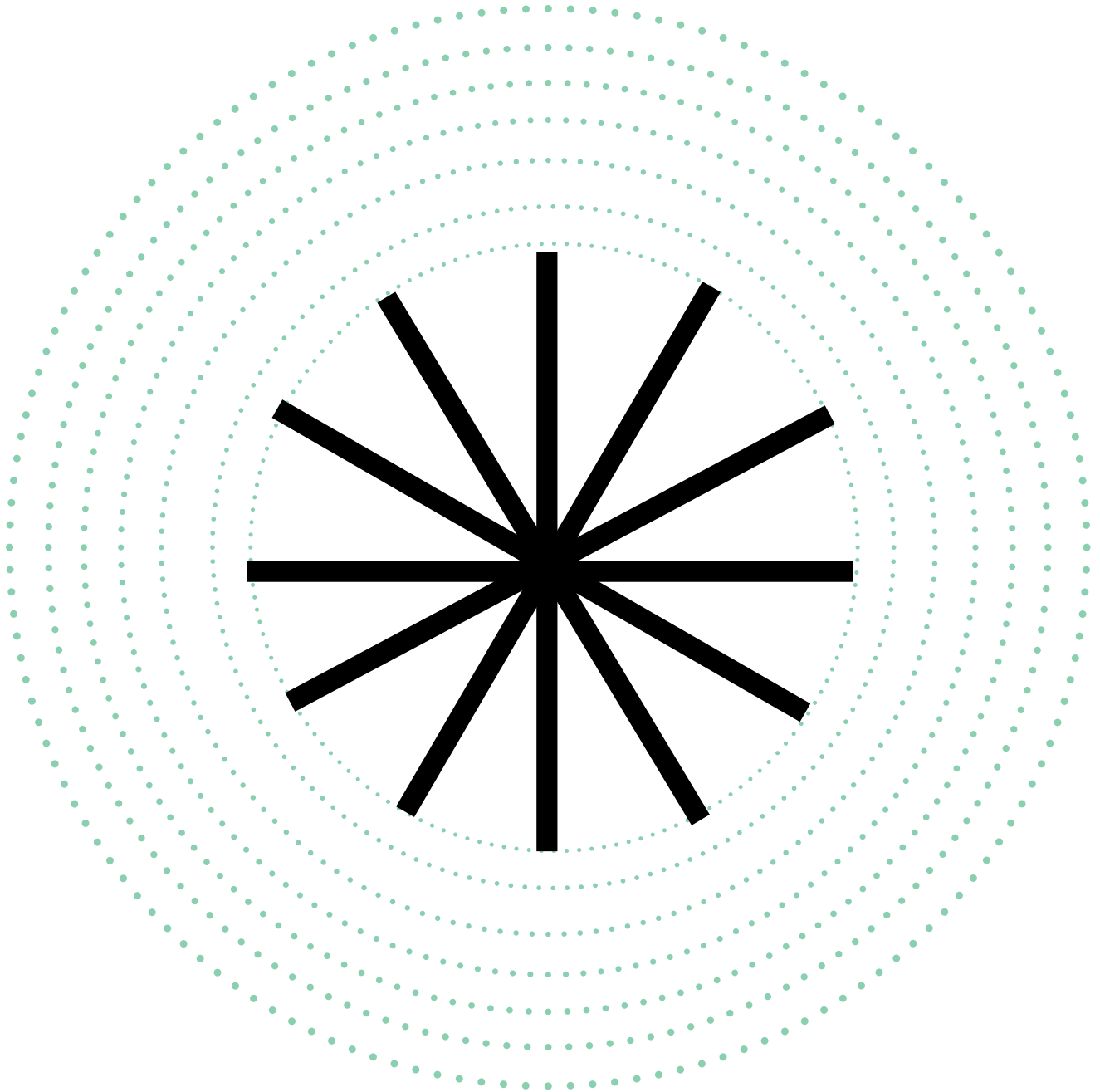


MOTIVATION WHEEL

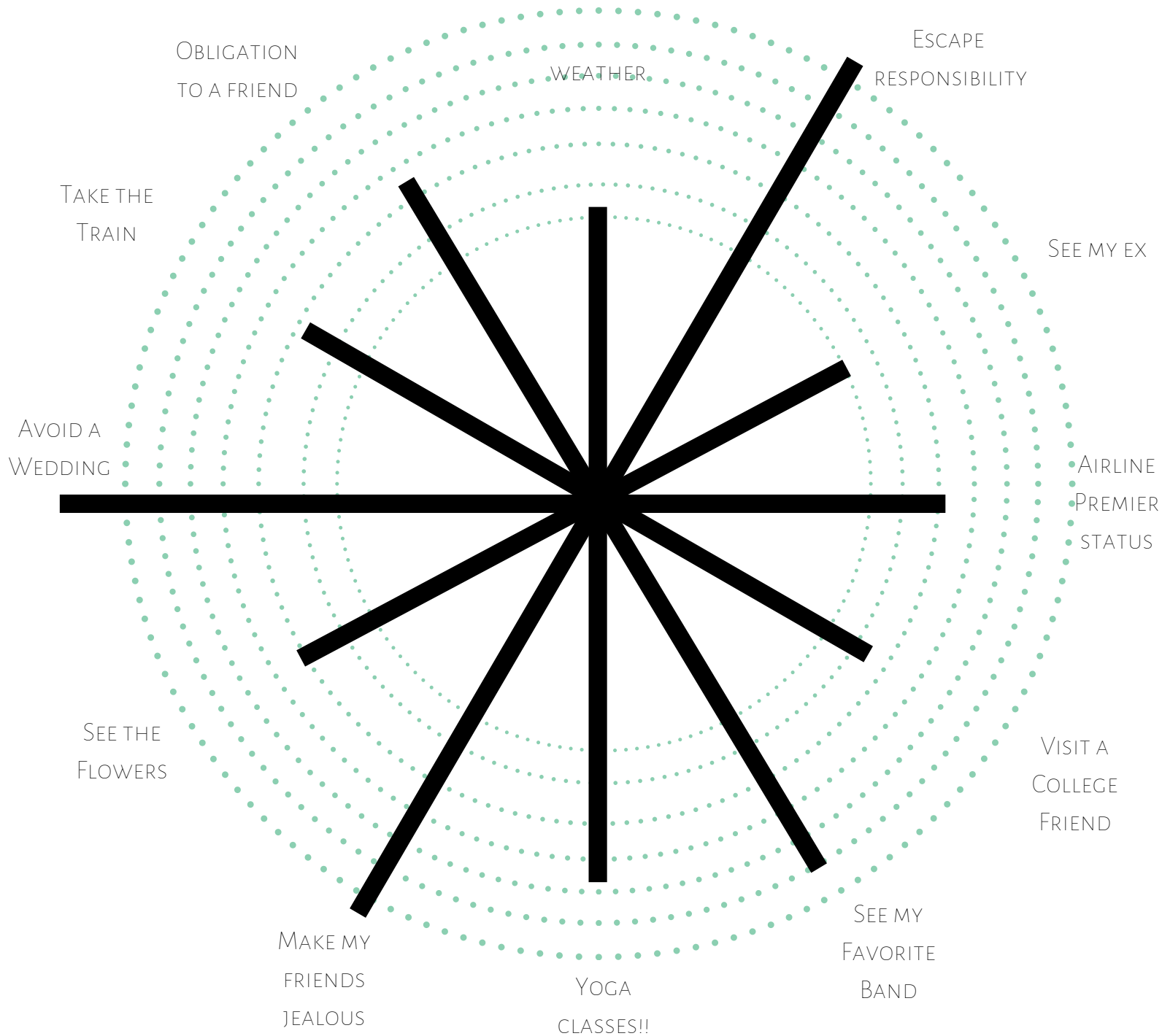
INSTEAD OF MAKING LISTS OF PROS AND CONS, LIST OUT ALL OF THE REASONS YOU'RE INTERESTED IN A PARTICULAR CHOICE. LIST AT LEAST 12. THEN INDICATE THE LEVEL OF INTENSITY. THIS WILL GIVE YOU A GREAT VISUAL ABOUT WHETHER THE DECISION YOU'RE MAKING IS CLEAR OR... NOT..



DO YOU NOTICE ANY TRENDS? IS THE DECISION YOU'RE TRYING TO MAKE ACTUALLY A METHOD OF AVOIDING, DISTRACTING, OR MANIPULATING? ARE THERE OTHER OPTIONS THAT WOULD SOLVE THIS WITH LESS DRAMA?

MOTIVATION WHEEL - EXAMPLE

I CAN'T DECIDE WHETHER OR NOT TO VISIT SAN FRANCISCO. THERE ARE LOTS OF GREAT REASONS, LIKE THE WEATHER, MY FAVORITE BAND, BUT MY TRUE MOTIVATIONS ARE SO INTERESTING...



IN MY EXAMPLE OF "SHOULD I GO TO SAN FRANCISCO?" YOU CAN SEE THAT NONE OF MY TRUE MOTIVATIONS REALLY HAVE ANYTHING TO DO WITH BEING IN SF. I'M JUST TRYING TO AVOID MY RESPONSIBILITIES & A WEDDING, AND I'M WILLING TO INVEST \$3,000 AND A WEEK RATHER THAN SIMPLY SENDING MY REGRETS.