

# THE PERFORMANCE ROOM

## 1) Prepare the ground

Read through the Get to grips with motivation guide. Jot down any notes you want.

My motivation check-ins over the next 2 weeks will be:

I'll complete my motivation profile by:

## 2) Check in on your motivation

Check-in	Motivation (0-10)	Confidence (0-10)	Control (0-10)	Connect- edness (0-10)	Notes (0-10)

## THE PERFORMANCE ROOM

### 3) Complete your motivation profile

**Date (this is the end of week two):**

The “C” that appears to **most** affect my motivation is:

The “C” that appears to **least** affect my motivation is:

What I can focus on that will have the biggest impact on my motivation: