

CHAPTER 6 WORKSHEET

For the Realist: Get On Task and Stay There

Reflections On Motivation

Chapter 6 contains a number of NLP strategies for maximizing your motivation to write and stay on task. Having completed at least two of the strategies, examine your motivation. Reflect on your experience by answering these questions:

What is your overriding reason to write (you can list more than one)?

What are the tangible and intangible rewards you expect from your current project?

What is the value of your current project to yourself and to others?

How do you visualize your goal that signifies the completion of your project?

What self-talk will motivate you to write on a regular basis so that you finish your project?

What will you do and think the next time you feel stuck, or your motivation lags, so that you will proceed with the task of writing, editing, and revising, as needed?
