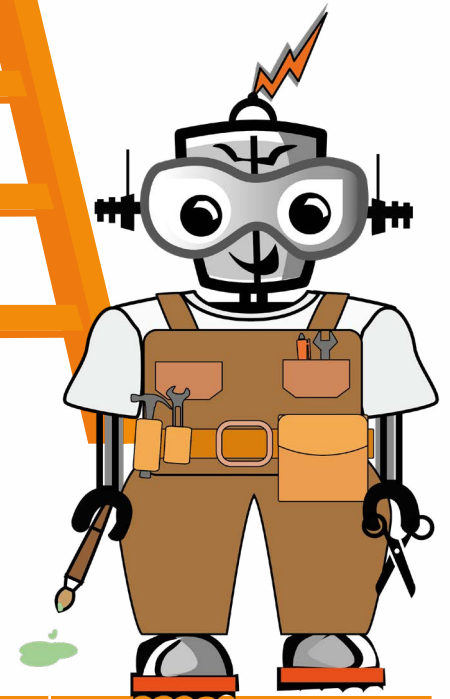


MotivAction – The 5 Questions

Getting things done is our society's measure of success yet a lot of people find it difficult.

- Some people struggle until they have a structure – they need something to guide them
- Some people struggle to find structure – that is what most motivational programmes aim to give you
- And then, for some people, nothing will work until they can create and embrace their own structure – this is what we are going to do here

Forging your structure starts with The 5 Questions below. If you can answer the first, you can answer the next and the next and so on. Their purpose is to get you to know where you stand in relation to getting things done and identifying how to move forward but in your own way; one that will work for you. Answer the questions:



	Where	Why	What	When	How
My Questions	Where is your head at right now? Where does your mind go when thinking about now?	Why are you in this position? Why do you think the way you do?	What are you going to do about it now? What actions could you take to change things up?	When could you take this action and make these changes? When will you?	How are you going to do it? How are you going to start? <i>Hint: Start small</i>
Your Answers					

Think about your answers. This is the first rung on the ladder.
This section represents the decision that you have made to get something done.
If you're not going to get motivated and take this any further then this is the point where you should stop.