

THE PATH OF PROGRESS

ACTIVITY

Motivation grows when we see progress, when each step forward builds momentum, and when we realize that effort creates change.

Action & Momentum – Motivational Questions

The step I took that changed everything was _____.

What motivates me to act even when it's hard is _____.

The decision that moved me closer to my goals was _____.

Focus & Discipline – Motivational Questions

The habit that helps me stay on track is _____.

What keeps me focused when distractions arise is _____.

The practice that strengthens my discipline is _____.

Achievement & Growth – Motivational Questions

The accomplishment that reminds me hard work pays off is _____.

What motivates me to keep improving every day is _____.

The milestone that proved my effort was worth it is _____.