MODULE 4:
REWIRE YOUR PATTERNS

Module 4: Video Worksheet

Identify your current motivational strategy. Do you use visual, auditory, kinesthetic, or a combination? Which of the four negative motivational strategies resonates with you most? **Then create a new, positive motivational strategy that elicits the same senses.**

By doing this, you are rewiring your current patterns and this takes practice. Think of it like creating a new habit, it will take a bit of work at the beginning but once it's implemented the benefits will be phenomenal!

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Think smarter, not harder! How can you set yourself up for success? This means being aware of what derails you, distracts you, and triggers you, then making a plan to get around it.

1. What can you implement ahead of time that will eliminate friction?
2. Identify your distractions then make a plan to eliminate them.
3. What triggers your self-sabotaging pattern? Remove a link in the cycle and it will collapse!