

# Video 46 - How to Become Self Motivated

## Discussion Questions

1 - What happens when we forget why we wanted to reach a goal or dream?

2 - What's a "Why Card"?

3 - How should a Why Card be written?

4 - When should you read your Why Card?

5 - Optional Exercise

Have your students spend a few minutes to writing down what their life will be like once they've reached their goals and dreams and how it will make them feel. This is for their eyes only. They don't need to share it.

Ask them to read it to themselves. Then ask them how it makes them feel. This is a powerful exercise that will help them see the power of the Why Card.



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