

# Finding Your Motivation

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Are you afraid of Change? Spend a few minutes exploring that. Once we "name" the problem, it is easier to move past it. List the top Three changes you struggle to accept:

Are you uncertain of the tracks you are on? Write out the general direction of you journey TODAY. If you are satisfied, write that! If you would like to add or change a direction, list them out here:

Have you begun a map or sorts to help you find your way? It can be a literal piece you create or a verbal list of cues. To get to the changes you want to see, what realistic things would have to alter? Note them, and write one potential adusment. Keep working through them. Your map will become amazingly clear!

\*\*\*Here comes the fun part. Create a literal map of where you are going. Use collage from magazine pics, sketch or just write the words in pencil. Whatever brings YOU joy. Come back and post a picture of it in the comments and share if you'd like!