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from

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[www.wealthywritersclub.com](http://www.wealthywritersclub.com)

**Motivational Checklist**

Use this 2-page checklist to get started with your fast track guide to understanding your motivational blocks so you can get past them.

**Understand Motivation**

* Learn the 4 Theories of Motivation
* Decide how these theories relate to your life

**Get to Know Your Personality Type**

* Take a Personality Test
* Study the Factors of Your Personality
* Be Honest
* Accept Yourself but Know That You Can Change
* Create a Supportive Environment
* Be Accountable to Someone
* Craft a Plan of Action
* Commit to the Plan
* Start Now

**Determine Your Ideal Client**

* Who Do You Want to Work With?
* Why Do You Want to Work With Them?
* What Do They Need from You?
* Where Can You Find & Connect with Them?

**Know the Potential Motivational Blocks People Experience**

* How Do You View the World?
* Are You Focused on Outcomes or Purpose?
* Can You?
* Are You a Leader or Follower (both are needed)
* How do You View the World?
* Do You Fear Change/Failure/Success?
* Develop Your Follow-Through
* Ask for The Support You Need

**Know How to Unblock Yourself Based on The Blocker & Your Personality Type**

* Write it All Down
* Break up Boring Tasks into Chunks
* Set Realistic Deadlines
* Change Your Environment When Needed
* Find Ways to Activate Your Brain
* Study Up
* Know What You Want
* Know How You Define Success
* Know the Cost of Change
* One Thing at a Time
* Failure is One Step Closer to Success
* Take Care of You

For more help getting and staying motivated to reach your goals, register for my *Quick-Start Coaching Intensive* now at [www.quickstartfreelancewriting.com](http://www.quickstartfreelancewriting.com)

To Your Success,

Suzanne Lieurance

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