



# Change Academy Lab Notes

**TOPIC:** Motivation and Accountability

**EPISODE #50**

**NOTES/TAKEAWAYS:**

**EXPERIMENT:**

When you find yourself searching for motivation, stop and ask yourself instead “Why is doing this thing or achieving this goal important to me?”

Next, ask yourself “What’s required of me right now? Who do I need to be in this moment in order to become who I want to be in the future?”

Imagine how you will feel after taking that next step--even if no one else knows you did it. Will you be glad you did it?

If so, simply commit to taking that next step, whether or not you feel motivated.

**OBSERVATIONS:**

**FURTHER EXPERIMENTS:**