

# Level Up!



## Self-Motivation Workbook

# Hello!

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## My Story



20 years wasted...well not TOTALLY wasted, but it felt like it. I remember the exact moment I had this thought. I was sitting on my patio at sunset in Oklahoma, drinking a glass of wine pondering the meaning of life. I did some quick math and realized that I had spent half my life in a place that I didn't want to be, working at a job that I didn't like. I looked at my husband and said, we need to go. So we did.

I had no idea what that one decision would spark. A few months later, I left my job, we sold everything and moved to the beach in 2 weeks. It was fast and furious, but all it took was making a decision.

This workbook was key to coming to this decision. I had been working on a big project for 2 years prior after stumbling on fascinating information about the science of happiness. I discovered what motivated me, what my purpose was, and what I needed to LEVEL UP my life and live an EPIC Adventure instead of the boring day-to-day survival.

This workbook is exactly the process I used to move me forward and start living my best life. Take time to ponder each question and answer HONESTLY. By the end, you'll be more motivated, which will lead to more productive days. Once you start living with a purpose, WATCH OUT! You're at the beginning of an EPIC journey!







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*Wanting something is not enough. You must hunger for it. Your motivation must be absolutely compelling in order to overcome the obstacles that will invariably come your way.*

*– Les Brown*

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The questions in this workbook can help you find the motivation to take action to attain the life you desire. Carve out some alone time and really dive-deep into these questions. The more time you spend on understanding exactly how you feel and what you desire, the more powerful this exercise is. Spend some time in self-reflection to answer the questions below truthfully and revisit these questions whenever you feel you need a Motivation Power-Up!

# What Makes People Self-Motivated?



Self-Motivation is when Purpose meets Passion sprinkled with some Discipline. Creating dopamine in your body is a power-boost for motivation. Studies have shown that "go-getters" have high levels of dopamine and "slackers" generally have lower levels in their system. Since dopamine is a reward-seeker, pursuing passions and finding purpose in your life is important to creating dopamine and increasing self-motivation.

Start by filling out these questions and your neurotransmitters will start to kick in. This is a brainstorming session, write everything that pops in your mind.

*What interests am I passionate about?*

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*What is my current daily routine? Is there a discipline I follow regularly, such as an exercise routine or a special diet? Jot these down.*

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# Lack of Energy or Self-Motivation?

Lack of energy and self-motivation feel similar. By going through this exercise, you can boost both. In order to create the chemicals that stimulate motivation, this can also boost your energy. Good diet helps add the nutrients that are needed to create mood-boosting neurotransmitters, taking action is what triggers them. Things such as stress, sugar and lack of sleep decrease your production.

*Here are some things that can help:*



Meditation



Eating more Nutritious Foods



Adding Vitamins to your diet



Daily Exercise



Consistent Sleep Routine

*What changes can I make in my daily routine to increase my energy level?*

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# Making Decisions



We create our destiny the moment we make a decision, no matter how trivial. A true decision leads to achievement because it involves commitment to action. Flexibility is important. If the outcome of your decision isn't what you want, learn from it and make another decision

*Make an important decision that will encourage commitment and action.*

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*What action can I take today to start implementing this decision?*

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# Don't Make Excuses

Everyone has dreams, but few make the effort to turn them into reality. One obstacle that can hold you back is the habit of making excuses.

*Write down the limiting excuses I make that prevent me from achieving my goals.*

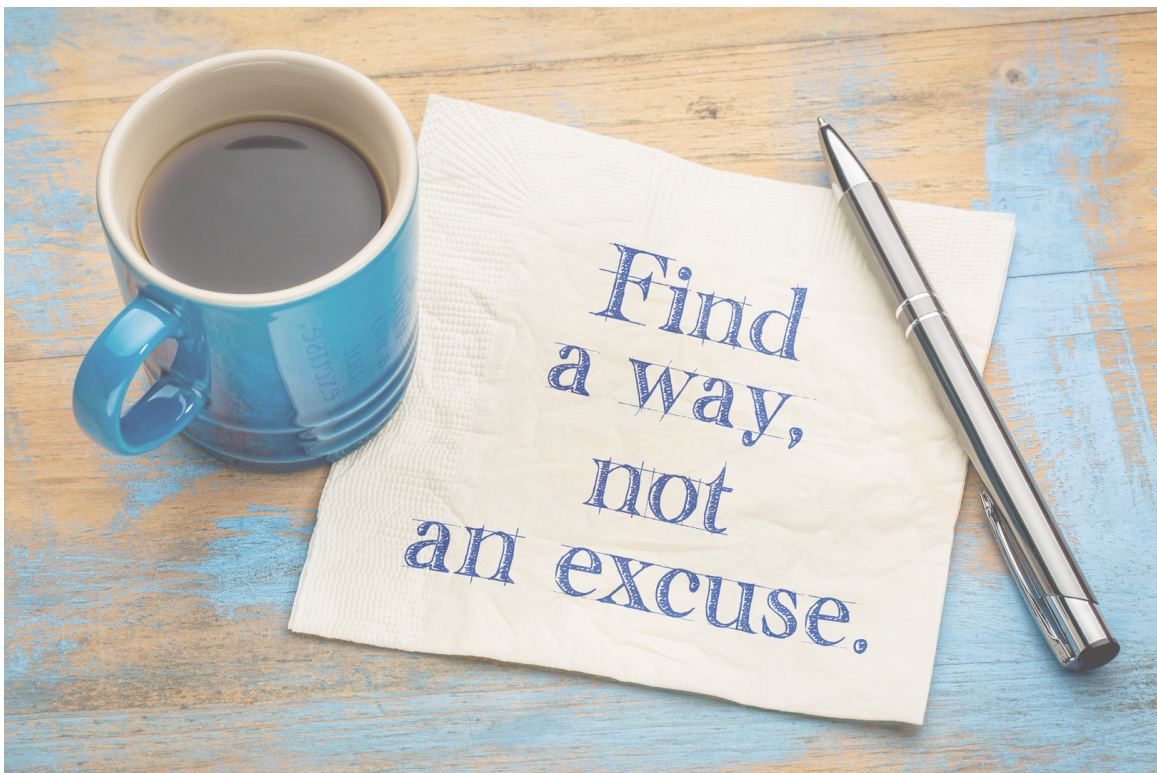
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# Be Clear About Your Decisions

A true decision has clarity. It's specific and it makes you feel empowered and relieved.

How do you know you've made a "true decision?" If you've made a true decision, you'll find yourself acting on it.

*Write down any decisions that are still only dreams - something I'll do "someday."*

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*How can I empower these decisions?*

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# Three Decisions That Will Shape Your Life

Make these decisions right now and write them down.

*What is the primary focus of my life?*

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Decide how the situations you find yourself in today affect you

*Situation 1:*

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*Effect on the present moment:*

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*Possible effect on my future:*

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*Situation 2:*

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*Effect on the present moment:*

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*Possible effect on my future:*

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And now for the most important decision:

*Looking at my current situation, what should I do now? The quicker & more decisive decision, the greater impact on my life.*

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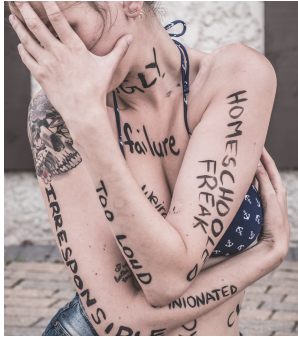
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# The NAC Concept of Pain and Pleasure



You can train your subconscious mind to condition yourself for success with Neuro Associative Conditioning techniques. You do this by associating pain with the things you want to avoid and pleasure with the things you desire.

*Your Beliefs Have the Power to Create and Destroy*

Check your beliefs. Are they getting in the way of achieving your goals or are they propelling you forward? You can use the NAC technique to replace negative beliefs with positive ones.

*What negative beliefs do I hold?*

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*How are my negative beliefs affecting me?*

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*What positive beliefs can replace the negative ones? How will it affect my life? Feel the pleasure intensely and visualize the outcome vividly.*

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Another way to replace negative beliefs with positive ones is to question your negative beliefs. Do some research on the subject and study the lives of those who hold the opposite view.





# Transforming Yourself

Transformation is not a long process. It happens in an instant, provided that you've been working towards it. Do you have a powerful intention to change?

*What do I really want to change now?*

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Now use the pain and pleasure principles by answering the questions below (feel and visualize the pain and pleasure):

*What will this cost me if I don't change?*

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*What has it already cost me physically, spiritually, mentally, career-wise, and in my relationships?*

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*How has it affected my family and friends?*

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*If I transform myself, how will it make me feel?*

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*What will this change help me accomplish?*

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*How will this change make my family and friends feel?*

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# Boosting Momentum

These next few exercises will help boost your momentum by adding rocket fuel to your motivation.



**DO YOUR RESEARCH.** Get all the information you can on the subject that interests you. This will generate motivation.

*What are some interests I want to learn more about?*

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**REWARD YOURSELF AS YOU PROGRESS.** No matter how small the milestone is, reward yourself as soon as you achieve it.

*What are some rewards that I can give myself when I make progress?*

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**JOIN A COMMUNITY.** Nothing can be more motivating than working towards your goals with others who share them. Find communities online or locally that share a passion of yours.

*List my favorite support communities here:*

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**BEFRIEND MOTIVATED PEOPLE.** Choose friends who are highly motivated so they can support and inspire you.

*Who do I know that are the most motivated?*

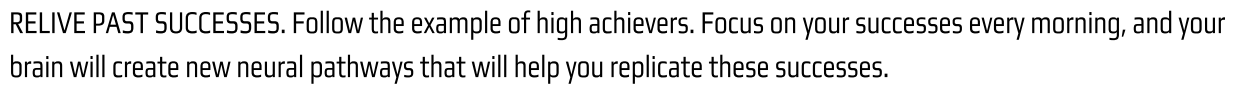
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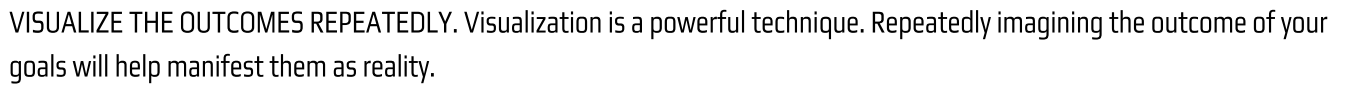
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WRITE DOWN YOUR GOALS. Putting your goals down on paper will help to imprint them on your brain.

*What are my most important goals?*

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CREATE MINI-GOALS. Use each day wisely - take action, no matter how small. Min-goals create momentum and trigger dopamine that will propel you forward and put booster rockets on your productivity.

*What can I do today to move closer toward my goals?*

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GIVE YOURSELF A SPIRITUAL GOAL OR NOBLE CAUSE. A spiritual goal, mission, or working for a worthy cause can be a powerful motivator.

*What worthy cause or mission am I working towards?*

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# Timing is everything...



KNOW YOUR "PEAK HOURS." Find out your most productive time of the day and do your most demanding tasks during this time period.

*What are my peak hours? What tasks should I accomplish in these hours?*

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## A Few More Motivation Tips...

**DON'T LOOK FOR PERFECTION.** The key to being highly self-motivated is to act without worrying about how good your output is. Get on with it. The polishing can be done later.

**DO THE HARDER TASK FIRST.** Once you've put the more difficult tasks behind you, you can relax and do the easier ones.

**PRACTICE SPIRITUAL AWARENESS.** Be completely in the moment when you act. Don't think about the past or the future. After all, the present creates the future!

**USE SELF AFFIRMATIONS.** Telling yourself repeatedly that you're getting better every day in every way is bound to cause your brain to believe it.

**BE HEALTH CONSCIOUS.** If you look after your health by exercising regularly and eating the right foods, you'll have more energy and higher levels of motivation.



# Positive Affirmations

*What are some self-affirmations that make me feel good about myself*

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USE INSPIRATIONAL QUOTATIONS. These are built around the lives of famous and highly motivated people who have succeeded against the odds.

*What are my favorite quotes that resonate with me?*

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YOU HAVE THE MOST POWERFUL KEYS TO SELF-MOTIVATION IN YOUR HANDS. USE THEM TO REALIZE YOUR WILDEST DREAMS!



# You Did It!

You made a plan, you know what direction to take, now,  
GO DO IT!

This is the EXACT process I used to find my motivation by uncovering my purpose and dreams in life, which led to me saying ENOUGH of the mediocrity, selling everything and moving across the country in 2 weeks to the beach.

Your Best Life is waiting for you, implement your plan, and go do it!

I'm Cheering You On!!



P.S. If you are ready to take your life to the Next Level, check out my foundational Level Up Your Life course at [LevelUpWithJulie.com/courses](https://LevelUpWithJulie.com/courses)