1. **Challenges:** Three challenges I face in my life are:

2. **The Flood Zone:** When I have been in the Flood Zone it felt like:

3. **My Lifelines:** Who do I know who values me because of who I am, not just because of my successes or failures?

Who do I know who is helping me become an expert on myself?

Who do I know who helps me see positive attributes in myself and others?
Do I really believe that my challenges can create new motivation within me? **YES**    **NO**

Explain below:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

**Positive Self-talk:** What will my self-talk be that won’t hurt me or others?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Two things I do have control over are:
_____________________________________________________________________________
_____________________________________________________________________________

Two things I do not have control over are:
_____________________________________________________________________________
_____________________________________________________________________________

**Character & Heart:** Two people who respect and care for me that I do not want to disappoint by giving up are:
_____________________________________________________________________________
_____________________________________________________________________________

How will I feel about myself if I never get any farther than this second dam in my life and never really show Character & Heart through my actions?
_____________________________________________________________________________
_____________________________________________________________________________

**Where have I gotten lost in the “deserts” of life?**
_____________________________________________________________________________

Why did I continue on in order to get through the “desert”?
_____________________________________________________________________________

**Personal Passion & Purpose Turned Outward:** Once I get here myself, who else can I help get this far as well?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

**Get Plugged In:** What might my life look like when I get here?
_____________________________________________________________________________
_____________________________________________________________________________

**Why Try? So that I can obtain greater Opportunity, Freedom, Personal Strength!**

**WEAK THINK: THE DEBATER**
I lift The Debater balloon when I feel the need to prove that I’m right and everyone else is wrong, refusing to consider possibilities other than what I already know or believe. Signs I’m lifting this balloon include:
• I look at a complex issue as simply black or white.
• I give advice even when I’m not asked for it.
• I’m argumentative, disagreeable and disrespectful to anyone who has an opinion different than my own.
• I say things like, “You’re wrong!”; “You always...”; “You never...”; “That will never work!”; “That’s stupid!”; or “You’re an idiot!”

STRONG THINK: DO RIGHT AND FIND A “SHADE OF GREY”
Things are seldom black and white. Outside of a court of law, there is seldom a need to judge another person as “guilty” or “innocent.” In almost every situation where someone’s safety, honor or dignity is NOT at stake, options can be considered. There is also a big difference between being right and doing right! The Debater feels the need to be right without being as concerned about doing the right thing. While more difficult and time-consuming, doing right will always take a person farther in life than just being right. A strong person with Character & Heart will patiently search for the best level of understanding. This person doesn’t allow the words, “You’re wrong” to come out of their mouth, but instead will say, “Something you might consider is...” or “Another way to look at it is...” thus keeping the doors of communication open.

WEAK THINK: CHANNEL SURFING
Channel Surfing is a specific type of avoidance, just like flipping through television channels with a remote control when there really isn’t anything that I want to watch. An indication that I am Channel Surfing is when:

• I change the subject to avoid responsibility and shift attention away from my problems or issues.
• I say things like, “Well, what about...?” or “Did you hear about...?”

How often do I find myself lifting THE DEBATER balloon?

☐ Very Often ☐ Often ☐ Sometimes ☐ Not Much

A time I did the right thing and found a “SHADE OF GREY” was when...

___________________________________________________________
___________________________________________________________
___________________________________________________________

When and where do I need to do more of this?

___________________________________________________________
___________________________________________________________
___________________________________________________________

WhyTry Game Plan Journal - Motivation Formula  3
STRONG THINK: RIDE IT TO SHORE
A strong person with Character & Heart is able to stick with a subject or topic and focus on it until it is resolved; no matter how uncomfortable it may become. Strap yourself onto the surfboard and ride it all the way to shore. In other words, deal with it! The longer you avoid taking a big wave all the way to shore, the longer you’re going to keep drifting in the dangerous open ocean, making no progress at all.

How often do I find myself lifting THE CHANNEL SURFING balloon?

- [ ] Very Often
- [ ] Often
- [ ] Sometimes
- [ ] Not Much

A time I took an issue of mine and RODE IT TO SHORE was when...

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

When and where do I need to do more of this?

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

ACTIVITY: Some of the things I learned during the Motivation Formula class activities were:

__________________________________________________________________
__________________________________________________________________

SPOT SOMEONE ELSE: Teach one of the activities I learned in class to someone else. Who did I teach? What activity did I teach them?

__________________________________________________________________
__________________________________________________________________

OBSERVATION ACTIVITY
I will observe people around me (friends, classmates, coworkers, family members, etc.).

Who do I know who I can tell is in The Flood Zone? ____________________________
What can I learn from them? _____________________________________________________

How does observing their situation motivate me personally? __________________________
_____________________________________________________________________________

Who do I know who used to be in The Flood Zone but got out? _________________________

How did they get out? ___________________________________________________________
_____________________________________________________________________________

What can I learn from them? _____________________________________________________
_____________________________________________________________________________

**PLUG IN ACTIVITY**

I will interview a person I consider to be a mentor. I’ll ask them about the person who has been the greatest influence in their life and why this person was so influential to them.

_____________________________________________________________________________

_____________________________________________________________________________

Write a letter to a person who has been a positive influence in my life.

Who did I write to?________________________________________________________

**PERSONAL PASSION AND PURPOSE TURNED OUTWARD**

Share my passion with another person. I will teach them some of the things that I know about my passion. I’ll share with them why I am so passionate about this thing!

Who did I share my passion with?____________________________________________

**PERSONAL REFLECTION**

When I stop and really think about it, one challenge that I have that has made me stronger is:

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________
ART ACTIVITY
On a separate sheet of paper, I will create a collage or draw a picture of an opportunity that I want to have in the future. I will use this image as something to motivate me to keep on doing the hard thing and continue to develop Character & Heart.

My piece of artwork represents: __________________________________________________________
___________________________________________________________________________________

MOTIVATION QUESTION: How has being introduced to this formula impacted my understanding of my own motivation?
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

ACTION STEP: I will teach this formula to one person in the next six days and be ready to report back at the next class.
The name of the person I taught was: ___________________________________

NOTES:
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________