

Project Motivation Form

Project # _____

1. What is the objective, measure and deadline for this project?

OBJECTIVE:

MEASURE:

DEADLINE:

2. What is important to you about achieving this objective?

3. Read your answer to question #2. What is important to you about that?

4. If your answer to #3 were true today, what would be possible?

5. If your answer to #3 were true today, what would shift?

6. Complete this sentence. If what I described in question 4 was true now then,

7. Complete this sentence. If what I described in question 5 was true now then,

8. What need or desire would achieving this objective satisfy?

9. Based on your answers, what would you like to name your project?

My _____ project.

Refer to this project by this name to help you remember what is important about achieving it.