

PARTICIPANT EXERCISE: LESSON 3 – SUPPLEMENTAL

Andy Core: *Creating and Sustaining Motivation*

Interview Time: 30:11

1. Andy talks about how we gain and lose motivation, calling it “Motivational Amnesia” to describe how motivation comes and goes. Now, think of a time in your life when you were truly motivated. What kept you motivated to move forward consistently day after day?

2. Andy says we all fall into a category of Struggler, Striver, or Thriver. Which category do you think you fall into right now as a business owner and why?

3. If you decided to implement Andy’s “Big Box Time Management” approach, what would you put in the big boxes and why?

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4. When Andy says, “tomorrow’s motivation starts today,” he suggests ways to prepare in the evening for the following morning. Were there any of Andy’s ideas that you’re going to try? If you’re already motivated every morning, what do you find helps you to start the day right?

5. Andy talks about how many people use their time unwisely when we lose motivation, time that he called “junk hours”. When you lose your motivation, what activities do you spend on time-wasting, junk hour activities?
