

Name:

Date:

My Age:

Personal Motivation & Mindset Worksheet

My Biggest Dream

What is my biggest dream or goal?

Why is this dream important to me?

How will achieving this dream make me feel?

Positive Affirmations

- I believe in myself
- I can achieve my goals
- I learn from mistakes
- I am growing every day

My personal affirmation:

Things That Inspire Me

People, activities, or quotes that inspire me:




Confidence-building activities:

- Reading
- Exercise
- Learning new skills
- Helping others
- Positive thinking

Obstacles & Motivation Tracker

What challenges do I need to overcome?

How will I stay motivated?

Week	My Progress	Mood
Week 1		  
Week 2		  
Week 3		  
Week 4		  

Reflection Journal

What did I learn about myself this month?

What am I most proud of?

*A positive mindset and strong motivation can help
you achieve amazing things!*