

**FUN-Damental #6:
Put Your Motivation on Speed Dial**

**Tool Number 1:
Discovering Your Core Values**

List 5 specific times in your life in which you felt truly excited, happy and fulfilled

1. _____
2. _____
3. _____
4. _____
5. _____

List 5 qualities of someone who inspires you or that you think is extraordinary

1. _____
2. _____
3. _____
4. _____
5. _____

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List 5 activities in your daily life that you truly enjoy

1. _____
2. _____
3. _____
4. _____
5. _____

List 5 activities in your daily life that you DO NOT enjoy

1. _____
2. _____
3. _____
4. _____
5. _____

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Examples of Core Values

(Circle the 5 that most resonate with you from the list below and feel free to add any that aren't already listed)

Accomplishment	Care	Courage
Achievement	Carefulness	Craftiness
Acknowledgement	Certainty	Creativity
Activeness	Challenge	Credibility
Adaptability	Charity	Curiosity
Adventure	Charm	Daring
Affection	Chastity	Decisiveness
Anticipation	Cheerfulness	Dependability
Appreciation	Clarity	Determination
Assertiveness	Cleanliness	Dignity
Attentiveness	Cleverness	Discipline
Attractiveness	Comfort	Drive
Awareness	Commitment	Dynamism
Balance	Compassion	Eagerness
Beauty	Composure	Effectiveness
Belonging	Confidence	Efficiency
Benevolence	Connection	Elegance
Bliss	Consistency	Empathy
Boldness	Contentment	Encouragement
Bravery	Contribution	Endurance
Brilliance	Control	Energy
Calmness	Conviction	Enjoyment
Candor	Coolness	Enthusiasm
Capability	Cooperation	Excellence

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Excitement	Imagination	Optimism
Expertise	Impact	Organization
Exploration	Independence	Originality
Expressiveness	Inquisitiveness	Peace
Extroversion	Insightfulness	Perceptiveness
Fairness	Inspiration	Perseverance
Faith	Integrity	Persistence
Fascination	Intelligence	Persuasiveness
Fierceness	Introversion	Playfulness
Flow	Intuition	Power
Focus	Intuitiveness	Preparedness
Freedom	Inventiveness	Presence
Fun	Joy	Prosperity
Generosity	Justice	Passion
Giving	Kindness	Recognition
Gratitude	Knowledge	Reflection
Growth	Leadership	Relaxation
Happiness	Learning	Reliability
Harmony	Liveliness	Resilience
Health	Love	Resourcefulness
Helpfulness	Loyalty	Reason
Honesty	Mastery	Recognition
Honor	Meticulousness	Recreation
Hopefulness	Mindfulness	Refinement
Humility	Motivation	Reflection
Humor	Open-mindedness	Relaxation

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Reliability	Strength	Winning
Religiousness	Structure	Wisdom
Resilience	Support	Wittiness
Resourcefulness	Surprise	Wonder
Respect	Sympathy	Zeal
Satisfaction	Teamwork	
Security	Temperance	
Self-control	Thankfulness	
Selflessness	Thoroughness	
Self-reliance	Thoughtfulness	
Sensitivity	Tranquility	
Sensuality	Transcendence	
Service	Trustworthiness	
Sexuality	Truth	
Sharing	Understanding	
Significance	Unflappability	
Silliness	Uniqueness	
Simplicity	Usefulness	
Sincerity	Variety	
Skillfulness	Vision	
Solidarity	Vitality	
Spirituality	Warmth	
Spontaneity	Wealth	
Stability	Willingness	

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List the 5 Core Values that you chose from the list above
(or ones that you came up with on your own)

1. _____
2. _____
3. _____
4. _____
5. _____

Before moving on, take a minute to go back to the four questions you answered on pages 1 and 2 of this FUNsheet and look for the alignment between what you wrote there and what you ultimately chose as your **5 core values.**

Feel free to make adjustments if necessary so you can see and feel a clear connection between your earlier answers and your core values.

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Core Value #1

*(This is often the one that you feel the
MOST alignment with or empowered energy around)*

**How is my life better, happier or more fulfilling when I am living from
a place of _____?**

Core Value #1

If I were able to tap into _____ more often,
Core Value #1

how would that change my ability to take action?

*You can do this exercise with the rest of your core values by going to the
blank templates starting on page 11 of this FUNsheet*

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JG's #1 Core Value - Personal Example:

My number one core value is **ENTHUSIASM**.

*This is my word! The thing that underpins everything I do when I'm at my best. When I'm able to CHOOSE enthusiasm and bring **enthusiasm** TO the work I'm doing, I do it at a higher level of efficiency, effectiveness, and enjoyment.*

*When I approach the work I do (whether it's something that directly aligns with my other core values or not) with the energy of **enthusiasm**, my mind opens, my body relaxes, my excitement grows, my creative flows, and I can see the obvious connection between what I'm doing in that moment and the bigger picture of what I'm here to do in the world.*

Enthusiasm is the lens that shifts me from 'HAVE TO' and 'SHOULD' ...to 'GET TO' and 'CHOOSE TO'. **Enthusiasm** pulls me towards something, whether a process goal or an outcome goal.

*When I am not feeling **enthusiasm** (or more accurately choosing **enthusiasm**), everything is a slog. It feels like I have to push, to will myself, to force myself, to overcome resistance and then I tend to fall into a place of blame, shame, and obligation as a way to TRY to motivate myself.*

Enthusiasm relaxes me— my body, my muscles and my mind—and allows me to not take my thoughts so seriously.

Enthusiasm also means being in a moment-by-moment state of deep and incredible gratitude for each and every task, project, planning, or conversation that is to be started or completed.

*When I simply focus on bringing my **enthusiasm** and attention to the one thing that is directly in front of me, there is no worry.*

There is no stress.

There is no overwhelm.

Only intentional play.

How will I PLAY the game of life today?

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Tool Number 2: Creating Your “Mini-Why”

1. Each morning, take a moment to have a full look at your calendar and schedule for the day
2. Write down in journal something from your “to do list” that you might have a lack of motivation around
3. Root yourself into your *#1 Core Value* by reading back what you wrote about it on **Page 7** above and then ask yourself the question:

*How would ‘showing up’ embodying my **#1 Core Value** change my perspective on this particular task?*

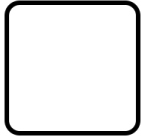
4. Then, creatively write your **Mini-Why** (aka *JFT Motivation*), using the energy of your *#1 Core Value*, to create a connection between the task at hand and how you want to feel in your life.



Get in the habit of doing this everyday so that you easily shift from **HAVE TO** to **WANT TO**, no matter the task!

BONUS: Go back to what you wrote for Q4 on page 2 and see how bringing your *#1 Core Value* **TO** the things you don't typically enjoy and creating a *Mini-Why* could make a “necessary” task more enjoyable!

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Sample Journal Entry

What are my main “to-do’s” on my calendar today?

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

What is the VERY NEXT thing on my calendar that I’m feeling resistance or a lack of motivation around?

How would showing up embodying my #1 Core Value change my perspective on this particular task?

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Core Value #2

How is my life better, happier or more fulfilling when I am living from
a place of _____?

Core Value #2

If I were able to tap into _____ more often,

Core Value #2

how would that change my ability to take action?

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Core Value #3

How is my life better, happier or more fulfilling when I am living from
a place of _____?

Core Value #3

If I were able to tap into _____ more often,

Core Value #3

how would that change my ability to take action?

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Core Value #4

How is my life better, happier or more fulfilling when I am living from a place of _____?

Core Value #4

If I were able to tap into _____ more often,

Core Value #4

how would that change my ability to take action?

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Core Value #5

How is my life better, happier or more fulfilling when I am living from a place of _____?

Core Value #5

If I were able to tap into _____ more often,

Core Value #5

how would that change my ability to take action?
