

August 2025

Motivation & Momentum Challenge

Have you ever struggled with finding motivation to accomplish a task or goal? How about the momentum to keep your progress moving forward? There are many suggestions on how to increase productivity. Some suggestions include:

- **Motivate-** Feelings follow behavior
- **Organize-** Staying organized can help keep you on track
- **Values-** Acknowledge your why and feelings
- **Encourage and Examine-** Reward yourself as you accomplish your tasks/ goals.

This month follow the prompt listed on the left side for each week's challenge. View handout for additional information on the M.O.V.E to Motivate strategy to increase motivation.

Name: _____ Department: _____

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Determine your task/ goal for the month:						1	2
Write down a behavior you're starting to increase motivation:	3	4	5	6	7	8	9
Write down strategies on how to stay organized:	10	11	12	13	14	15	16
Write down what feelings you've identified	17	18	19	20	21	22	23
Reflect on how you've accomplished the task/ goal:	24	25	26	27	28	29	30
	31						

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by **September 5th**.