



SERVE • EMPOWER • TRANSFORM

WORKSHEET: DEMOTIVATION

Remember not
let others'
limiting
thoughts and
behaviors
knock down
your dreams.

**WHAT ARE CHANGES THAT YOU AVOID
MAKING EVEN IF YOU KNOW THAT THEY
CAN TRANSFORM YOUR LIFE?**

**WHAT AREAS IN YOUR LIFE DO YOU
AVOID CONFLICTS WHEN YOU SHOULD
BE TAKING A STAND?**

**WHAT STRATEGY COULD YOU USE
TO RELEASE UNNECESSARY AND
DEMOTIVATIONAL FACTORS?**

**WHAT CAN YOU DO TO LIMIT
THE EXPOSURE TO THEIR
INFLUENCE OR SHIFT THE
WAY YOU SEE THEIR
BEHAVIOR?**

**IDENTIFY THOSE SPECIFIC
PEOPLE THAT HAVE
BEHAVIORS THAT
DEMOTIVATE YOU?**