

# CARROT LIST WORKSHEET

## EPISODE #1 MOTIVATION SECRETS

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### DEFINITION

*"A carrot is something you want to have, achieve or benefit from. A true carrot will motivate you to take inspired, consistent action."*

### INSTRUCTIONS

1. Create your carrot list.
2. Read it every morning before you start work.
3. Train yourself to keep you "carrots" front of mind as you work on your goals.
4. Do this for every area of life.

### THE 3 TYPES OF CARROTS

It's important to have "carrots" at each level. The big carrots give meaning to life and what you do but they are not quickly achieved/ lived. The outcome carrots help you focus on the benefits of achieving your goals. Finally, it is important to also have material carrots. The material items can be big or small (some of my best material carrots were things I could go out and buy immediately but I had just been putting it off. Once purchased it really added extra zest to life).

#### **\*\*IMPORTANT\*\***

It's only a carrot if there's an emotional connection to it or if it has REAL meaning to you. Don't put what others would want or write buzzwords that have no real meaning for you.

**This will only work if your list is REAL & GENUINE to you!**

## THE BIG CARROTS

*These are the big picture, meaningful, purpose driven carrots. It's the reason why you do what you do.*

*Example: Leave a legacy, live life to the full, create generational wealth for my family, supporting certain causes, impacting society/ culture, be known as\_\_\_ etc.*


## THE OUTCOME CARROTS

*The positive benefits you'll get from achieving your goals.*

*Example: Achieve the next level of wealth/ cashflow, greater impact on clients, feel fitter and stronger than ever before etc.*


## THE MATERIAL CARROTS

*The material/ physical possessions you want to have.*

*Example: A specific car, the type of house you want, travel, clothes, even small items that you want etc.*
