

The Reason Check Framework

Before looking for more motivation, make sure the goal is still worth pursuing. A practical way to separate difficulty taking action from losing belief in the outcome.

Identify

What am I actually working towards? Describe the outcome without focusing on the tasks, targets or expectations attached to it.

Question

Why did this goal matter to me originally? Is that reason still relevant to the life I have now?

Distinguish

Do I still want the outcome but struggle with the effort, or am I no longer convinced the outcome is worth pursuing?

Reconsider

If I hadn't already invested so much time and energy, would I choose this goal again today?

Decide

Should I change how I'm approaching the goal, give it less attention, or explore a different direction? Choose one small next step rather than demanding an immediate answer to everything.
