

Motivation & Thinking Reflection Worksheet

1. Identify a Current Belief or Tension

What is something real you are currently thinking through or wrestling with?

2. What Is Already Clear?

What do you already suspect is true, even if it is difficult to accept?

3. Where Are You Adding Complexity?

Are you making anything more complicated than it needs to be?

4. Emotional Reaction

What emotions come up when you think about this issue?

5. Possible Motivations

What might be influencing your thinking beneath the surface?

6. Posture Toward Truth

Are you trying to understand, or trying to defend?

7. Action Step

If this is true, what is one step you should take?

8. Outside Perspective

Who could speak honestly into this for you?

9. Final Reflection

What did you notice about yourself through this process?
