



# Motivation Tracker Worksheet

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\* This worksheet is designed to help you track your motivation levels and identify patterns that influence your productivity. Use it to stay focused on your goals and stay motivated throughout your academic journey.

 **Date**

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 **Task/Goal for the Day**

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 **Motivation Rating (1-10)**

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**Why I Chose This Task/Goal?**


 

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**What Helped Me Stay Motivated Today?**

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**What Could Have Improved My Motivation?**

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**What Will I Do Tomorrow to Stay Motivated?**

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