



# Worksheet: Staying Motivated and Productive

## PART 1: Identify Your Motivation Killers

Which of the following do you struggle with most?

☐ Perfectionism ☐ Overwhelm ☐ Comparison ☐ Distraction ☐ Lack of structure ☐ Other: \_\_\_\_\_

In your own words, what gets in the way of your writing momentum?

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What is one habit or thought you can let go of starting today?

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## PART 2: Build Your Daily Writing System

Your best time to write each day:

☐ Morning ☐ Afternoon ☐ Evening ☐ Flexible

Daily writing location:

☐ Desk ☐ Couch ☐ Coffee shop ☐ Library ☐ Other: \_\_\_\_\_

Daily writing goal (word count or time):

☐ \_\_\_\_\_ words OR ☐ \_\_\_\_\_ minutes

Use the "Pomodoro Technique" today?

☐ Yes ☐ No ☐ I'll try it tomorrow

Today's writing task (small and clear):

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## PART 3: Let AI Be Your Accountability Partner

Write a CoAuthorGPT prompt you can use on tough days:

*"CoAuthorGPT, I feel stuck today. Can you help me \_\_\_\_\_?"*

Your custom prompt:

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Ask CoAuthorGPT to:

- ☐ Break your task into 3 steps   ☐ Give you a motivational quote   ☐ Write a pep talk   ☐ Summarize yesterday's work and suggest what's next  
☐ Other: \_\_\_\_\_

#### **PART 4: Design Your Reward System**

Small wins deserve recognition. What are you working toward?

Milestone #1 – Write 3 days in a row:

Reward: \_\_\_\_\_

Milestone #2 – Complete 5 chapters:

Reward: \_\_\_\_\_

Milestone #3 – Finish your first draft:

Reward: \_\_\_\_\_

Other meaningful ways I can celebrate progress:

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#### **PART 5: Final Motivation Statement**

Complete this sentence to anchor your purpose.

“I am writing this book because...”

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“When I finish this book, I will feel...”

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- ☐ I commit to showing up, one step at a time.  
☐ I know the book I'm writing matters.  
☐ I will finish this.