

Practice Corner Workbook

Daily Exercises to Move Through the Motivation Dip Without Beating Yourself Up

This printable workbook is your gentle companion when your energy drops after a strong beginning. Use it to observe your motivation with curiosity, practise small daily actions and speak to yourself with a kinder voice while you grow new habits.

You can write directly on these pages, or treat them as a guide and copy the prompts into your own journal. Move through the exercises at your own pace. There is no perfect way to use this workbook.

How to Use This Workbook

The exercises you will find here are designed for real life, not for a perfect morning routine. Most of them can be done in a few minutes, in ordinary moments like standing at the sink or sitting on your bed. Choose one or two exercises to begin with and let them become familiar friends before you add more.

The focus is on gentle consistency. Small daily practices shape your nervous system and your habits much more than rare bursts of pressure and self criticism. You are invited to treat every page as a safe place where you can be honest about your energy without judgment.

You will see many spaces for notes, tables for tracking and reflection prompts. There is no need to fill every line. Write what feels true and relevant today. The value comes from meeting yourself with awareness and kindness.

You can return to the same exercise week after week. Over time you will notice patterns in your motivation and you will also notice that your relationship with yourself becomes softer and more supportive.

Exercise One: Motivation Weather Check In

Once a day, pause and notice how your motivation feels. Instead of saying that you are good or bad at being motivated, describe your inner state as a kind of weather. This turns your motivation into something you can observe and work with, rather than something that defines your worth.

Look at your body, your thoughts, your urge to move or to stop, and pick a simple image. You might choose words like bright and clear, heavy and humid, foggy with small hopeful breaks or restless wind that keeps changing direction. There are no right answers. The only goal is honesty.

Use the table below for a week of daily check ins. You can add more pages when you notice that naming your inner weather helps you respond more kindly to it.

Date	Motivation weather image	Body sensations	Notes for myself today

Exercise Two: The Five Percent Promise

Every morning, imagine what the ideal version of you would do for an important goal. Then gently ask yourself to offer only about five percent of that effort today. This keeps your actions very small and realistic and still points you in the direction you care about.

The practice is simple. Name the area you are working on, describe what the ideal version of you might attempt, and then choose a tiny action that feels almost easy. The power of this exercise comes from keeping your agreement with yourself, even when the step is small.

Use the table below to record a series of Five Percent Promises. Notice how it feels in your body when you honour even a very small commitment.

Date	Goal area	Ideal version plan	Five percent action	Reflection after doing it

Exercise Three: Compassionate Debrief at the Sink

At the end of the day, while you stand at the sink or move through a simple evening ritual, offer yourself a short debrief. Instead of listing everything you did wrong, speak to yourself as you would to a dear friend who is tired and trying.

You can use the prompts on this page as a script until the words feel natural. Let your tone be warm and genuine. You are not giving yourself empty praise. You are acknowledging effort and humanity.

Evening debrief script

Today felt...

One thing that was harder than I expected was...

Given everything on my plate, it makes sense that...

One small thing I am glad I did for myself today is...

If a friend told me they had a day like this, I would say to them...

You can rewrite this script in your own words and use the space below for a few evenings of handwritten debriefs.

My Evening Debriefs

[illegible]

Exercise Four: Future You Voice Notes

After you complete any version of your chosen habit, record a short voice note to your future self. Speak about what helped you start, how it felt to do the habit and what you want tomorrow you to remember when the motivation dip appears.

Use the prompts below as a guide when you speak and note a few key phrases on this page so you can see how your tone toward yourself begins to soften over time.

Voice note prompts

Right now I feel...

What helped me begin even though I did not fully feel like it was...

One benefit I notice, even if it is small, is...

Tomorrow, when you hear this, please remember that...

Use the space below to capture short lines from your favourite voice notes. These sentences can become written reminders on days when listening feels heavy.

Quote I want to remember:

Quote I want to remember:

Quote I want to remember:

Quote I want to remember:

Quote I want to remember:

Quote I want to remember:

Quote I want to remember:

Quote I want to remember:

Quote I want to remember:

Quote I want to remember:

Quote I want to remember:

Quote I want to remember:

Exercise Five: Micro Choice Rehearsal

Many motivation dips happen in very small moments. This exercise invites you to rehearse one of those moments in your mind so that when it arrives in real life, you already know the tiny action you want to take.

Each day, choose a predictable crossroads where you usually avoid your habit. Picture the scene, notice the familiar urge to escape, and then imagine yourself pausing and choosing a very small helpful action instead.

Use this table to track your rehearsals and what happens when the real moment arrives.

Date	Crossroad moment	Old automatic response	New tiny choice	What actually happened

Exercise Six: Appreciation Anchor

Right after you finish a habit, pause and consciously appreciate yourself for showing up. Appreciation is different from performance based praise. It says that your effort matters, even when the action is small.

This exercise helps your brain associate your habits with a warm emotional aftertaste instead of criticism. Over time, that feeling can gently pull you back to the habit, even when your motivation is low.

Use the grid below to collect simple appreciation sentences. Let them be honest and specific.

Date	What I did	Appreciation sentence I want to remember

Exercise Seven: Gentle Exit Plan

Learning how to stop with kindness is as important as learning how to begin. The Gentle Exit Plan helps you practise ending a session without sliding into harsh self talk.

Choose one task or habit and write a simple script for how you will close it today. Include a clear stopping point, a way to mark where you will begin next time and a kind sentence you will say to yourself.

My Gentle Exit Script for Today

Task or habit I am closing today:

I will stop when I reach this point:

The marker I will leave for tomorrow me is:

The kind sentence I will tell myself when I stop is:

Use the lines on the next page to write more Gentle Exit Scripts for different days or different habits.

More Gentle Exit Plans

[illegible]

Reflection: What I Am Learning About My Motivation

Use these pages to gather your insights after a week or a month of using the exercises. You can write freely or respond to the reflection prompts.

Patterns I notice in my motivation weather:

What helps me start even when I feel flat:

Reflection: Growing a Kinder Relationship With Myself

Look back at your notes, tables and scripts. Notice how you speak to yourself now compared to when you began. Use this space to honour even the smallest shifts in tone or behaviour.

Ways my inner voice has become softer or more honest:

Gentle next steps I want to explore:
