## **Reflection Questions for Motivation & Self-Belief**

**Expectancy Theory**

1. What makes me believe I can or can't succeed at this?
2. Have I ever done something similar before? How did that go?
3. What would I need to learn, practice, or adjust to make success more likely?
4. Do I believe this task or habit will get me closer to my goal?
5. Have I seen others succeed using this method? Does that increase my trust in it?
6. What's one small proof I can create this week that my effort is paying off?
7. Why do I want this goal? Is it mine, or something I think I should want?
8. Would I still pursue this even if nobody else knew I succeeded?

**Locus of Control**

1. Do I believe I have control over the outcomes in my life?
2. What are some areas where I feel powerless or like things 'just happen to me'?
3. When something goes wrong, who or what do I usually blame?
4. How would I approach my goals differently if I believed I had more control?
5. What's one area where I can take more ownership starting today?

**Self-Efficacy**

1. What is one recent small win that made me feel more confident?
2. What is something I've accomplished before that's similar to what I'm trying to do now?
3. Who inspires me to believe I can do this-and what can I learn from their journey?
4. What encouragement or feedback has helped me take action in the past?
5. How does my physical state (sleep, stress, energy) affect my sense of capability?