

MOMENTS THAT CAN INTENSIFY

INCONSISTENT MOTIVATION



THE LAST STRAW MAY BE
SMALL. THE LOAD UNDERNEATH
MAY NOT BE.

1

Interest suddenly drops

2

Urgency has disappeared

3

Reward feels too distant

4

Energy changes day to day

5

A task becomes repetitive

6

Pressure replaces curiosity

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER