

## Motivation Check Questions, including

### Some context-checking for breadth of goal-achievement consequences

All these can be re-worked for self-assessment also...

1. So, zero to ten (high), what is your certainty about achieving this <details> goal?
2. And in an ideal world, how high could that score go? (this is the internal-calibration questions as some people re-calibrate ten downwards, so their '8' is actually as good as it gets... If the answer to No. #1 above is 8, no further drill down is needed)
3. What are the pros and cons of both success and of failure? (e.g. con of success may be complacency and error)
4. Imagine we are meeting again <date> what is it like to have failed?
5. Imagine we are meeting again <date> what is it like to have succeeded?
6. If one thing could go wrong, what is that one thing likely to be? What steps could get around that?
7. What is the best personal thing for you in achieving this?
8. Who else will be affected both negatively and positively? How can you leverage these for benefits?
9. Who should be involved in communication and/or contribution and why?
10. What is the first step to take and when is this step being taken?