

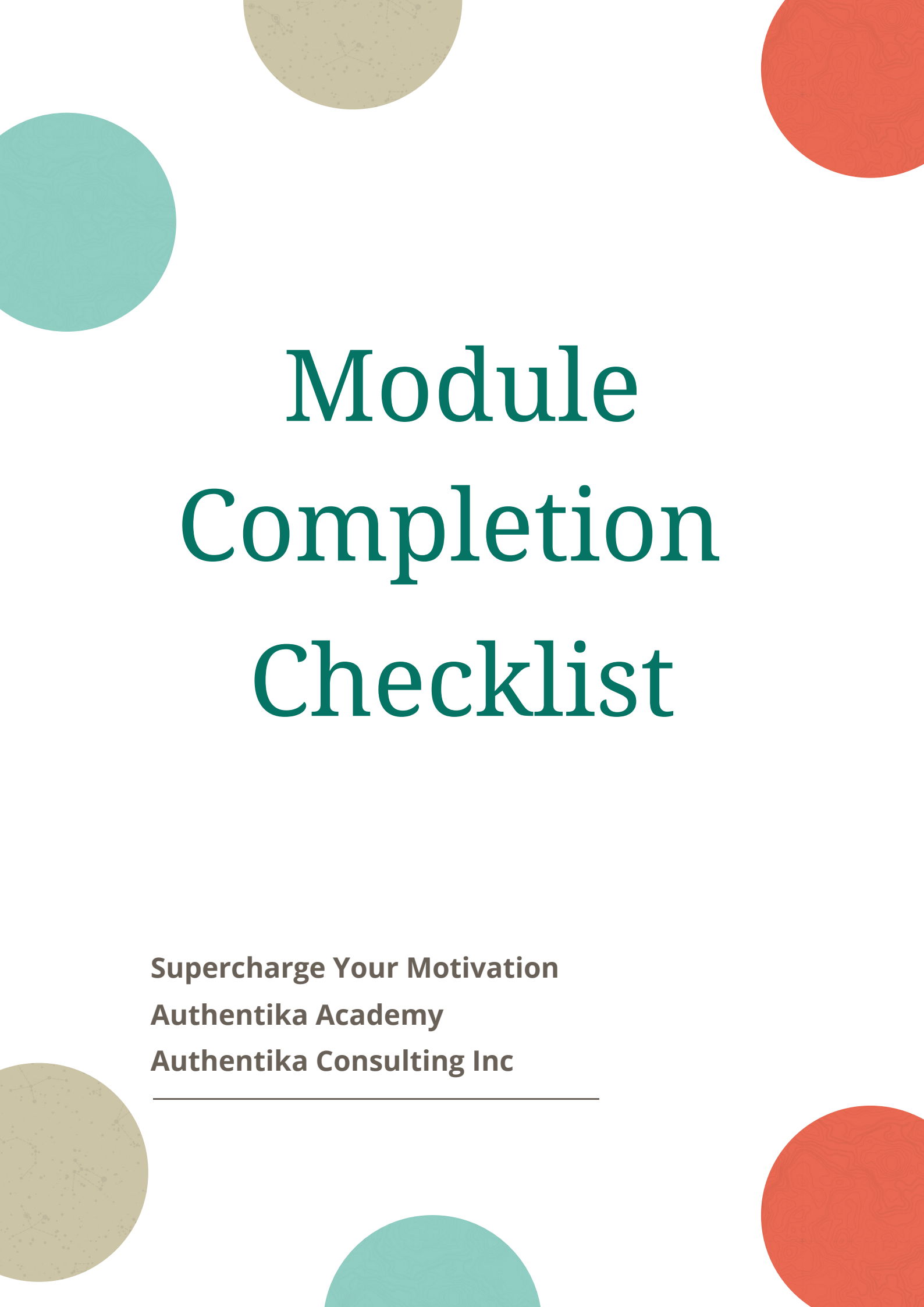


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MODULE 1

# Module Completion Checklist

Lesson 6



# Module Completion Checklist

**Supercharge Your Motivation**  
**Authentika Academy**  
**Authentika Consulting Inc**

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# MODULE 1 COMPLETION CHECKLIST

*Put a checkmark in the box to confirm*

- Did you complete page A, B and C in the Define My "Why" worksheet?
- Did you complete the self assessment questionnaire?
- Did you complete the Motivators Self Assessment and Value Wheel (e-course only)?
- Did you receive the link to complete the online Motivators assessment? (e-course Bundle)
- Did you complete the online Motivators assessment? (e-course BUNDLE)
- Did you schedule your confidential Motivators assessment report debrief call? If you didn't receive a calendar scheduling link automatically, you can schedule it directly by using the scheduling link: <https://go.oncehub.com/motivatorsassessmentreport>.

**Congratulations and well done! How will you celebrate this milestone?**

**Complete this sentence to capture how you'll take action to celebrate your accomplishment and the motivation it took to get you here:**

**I completed Module 1 of this ecourse and I decided to recognize my accomplishment by \_\_\_\_\_ and will do so on this date \_\_\_\_\_.**

## Resources

In Module 1, references were made to books, videos, website and apps to support your learning.

Whether or not you're an avid reader, Audible is a helpful way to listen and learn while you're in transit, commuting to work, doing chores around your home or absorb the content in a different format.

### Books

#### **Mindset: The New Psychology of Success**

By: Carol Dweck

Keep finding opportunities to improve

#### **Flow: The Psychology of Optimal Experience**

By: Mihaly Csikszentmihalyi

Flow as motivation.

#### **Why We Do What We Do: Understanding Self-Motivation**

By: Edward L. Deci

Motivation is something people do, not something that is done to them.

#### **Outliers: The Story of Success**

By: Malcolm Gladwell

Creative work is more satisfying, but success is influenced by many factors.

#### **Team of Rivals: The Political Genius of Abraham Lincoln**

By: Doris Kearns Goodwin

### Videos

#### **Developing a Growth Mindset with Carol Dweck**

<https://youtu.be/hiiEeMN7vbQ>

#### **Growth Mindset vs. Fixed Mindset**

<https://youtu.be/M1CHPnZfFmU>

# Meditations

## Apps

### Insight Timer

<https://insighttimer.com>

### Calm

<https://www.calm.com>

### Headspace

<https://www.headspace.com>

## Free Guided Meditations

<https://chopra.com/articles/guided-meditations>

[davidji.com](http://davidji.com)

<https://davidji.com/meditation/>

Insight Timer

<https://insighttimer.com>

## Assessments



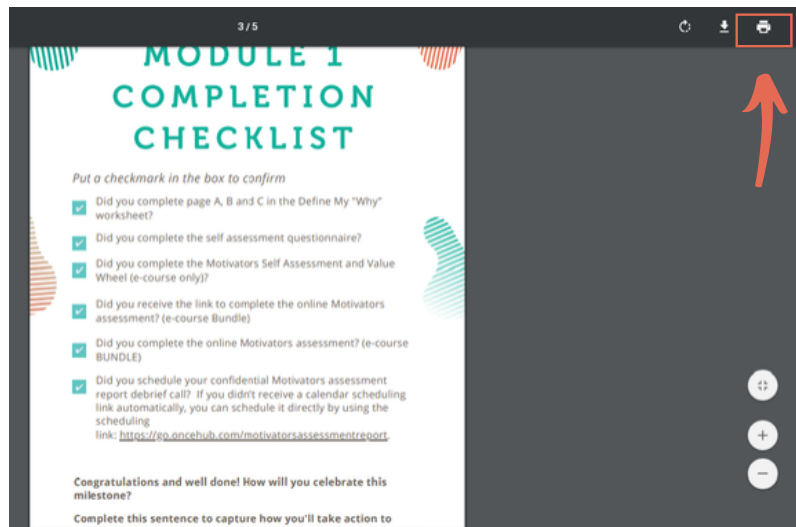
Authentika Consulting is international accredited as an advanced certified practitioner in providing coaching for evidence-based assessments.

<https://authentikaconsulting.com/assessment-tools>

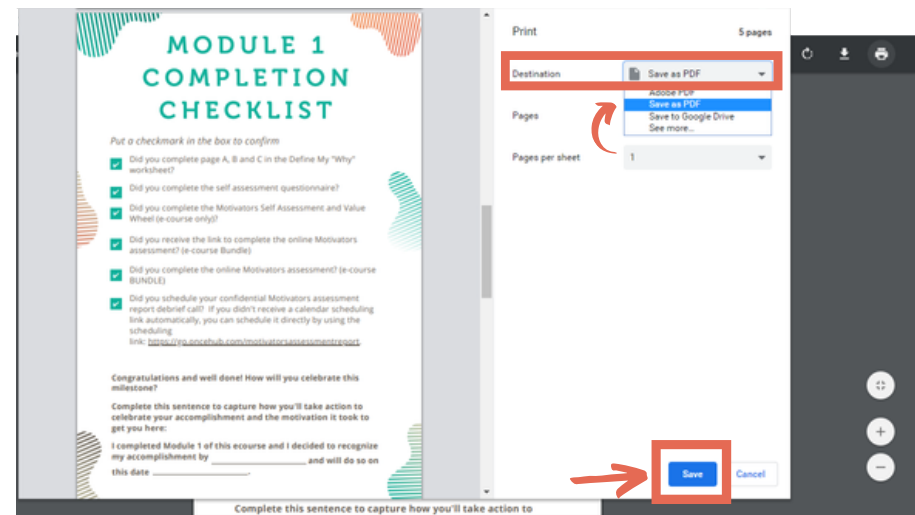
For any questions or for more information, please contact [info@authentikaconsulting.com](mailto:info@authentikaconsulting.com)

# Guide on how to save your worksheet

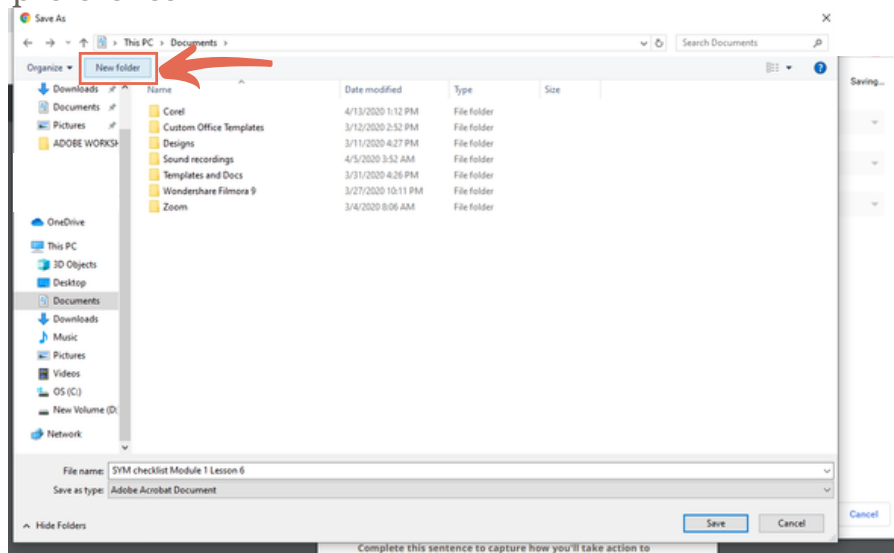
Step 1: Click on the print icon 



Step 2: Choose the destination of your file, select "Save as PDF"



Step 3: Create "New Folder" and name it base on your preference



Step 4: Click "Save" button

