



MODULE 2

Module Completion Checklist

Lesson 7



Module Completion Checklist

Supercharge Your Motivation

Authentika Academy

Authentika Consulting Inc.



Module 2 Completion Checklist

✓ Check the box to confirm you've completed the task on this module

☐

I completed page D, E and F in the Define My "Why" worksheet.

☐

I completed the Time-blocking Worksheet for 2-3 days.

☐

I completed the Automatic Thinking Checklist.

☐

I completed the smartphone screen time calculation and know how to track my screen time.

☐

I completed the What is Stopping Me From Holding Myself Accountable Worksheet.

☐

I completed my Self Care Wheel.

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 2 of this e-course and I decided to recognize my accomplishment by _____ and I will do so on this date _____.

RESOURCES

In Module 2, 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 just absorbing the content in a different format.

Books

The 4-Hour Workweek

By: *Tim Ferris*

Blog by: *Tim Ferris*

<https://tim.blog/tim-ferriss-books/>

Atomic Habits

By: *James Clear*

Make To Stick

By: *Dan Heath and Chip Heath*

References

Stanford Prison Experiment:

<https://www.newyorker.com/science/maria-konnikova/the-real-lesson-of-the-stanford-prison-experiment> & [PrisonExp.org](https://www.prisonexp.org)

Videos

Tales of Mere Existence (Parkinson's Law)

<https://youtu.be/4P785j15Tzk>

asapSCIENCE video: Can Stress Actually Kill You?

<https://youtu.be/vzrjEP5MOT4>

Assessments



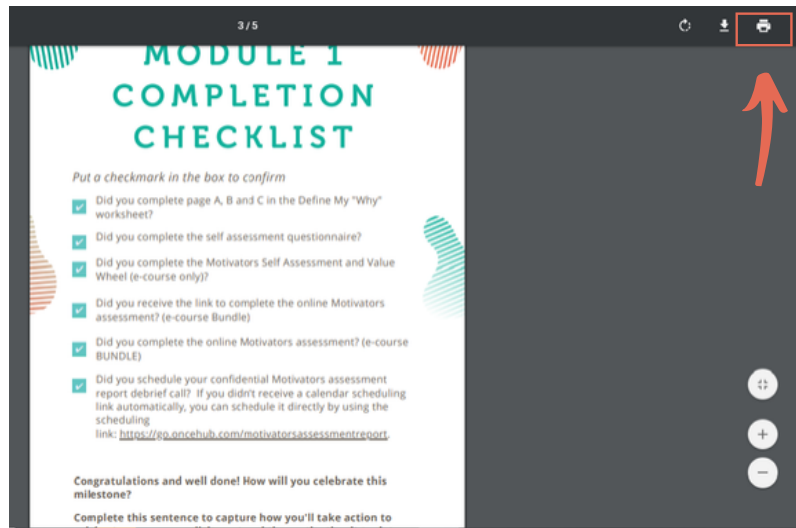
Authentika Consulting is international accredited as an advanced certified practitioner in providing coaching for evidence-based assessments.

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

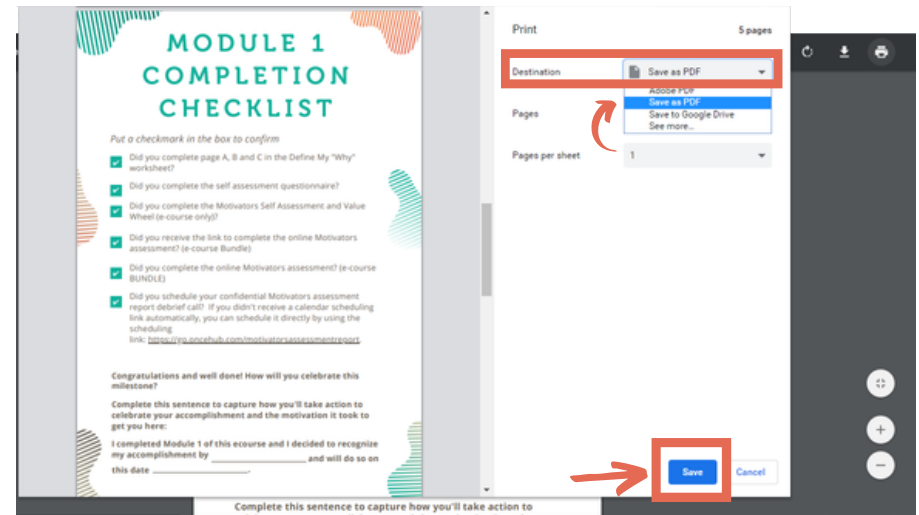
For any questions or for more information, please contact info@authentikaconsulting.com

Guide on how to save your worksheet

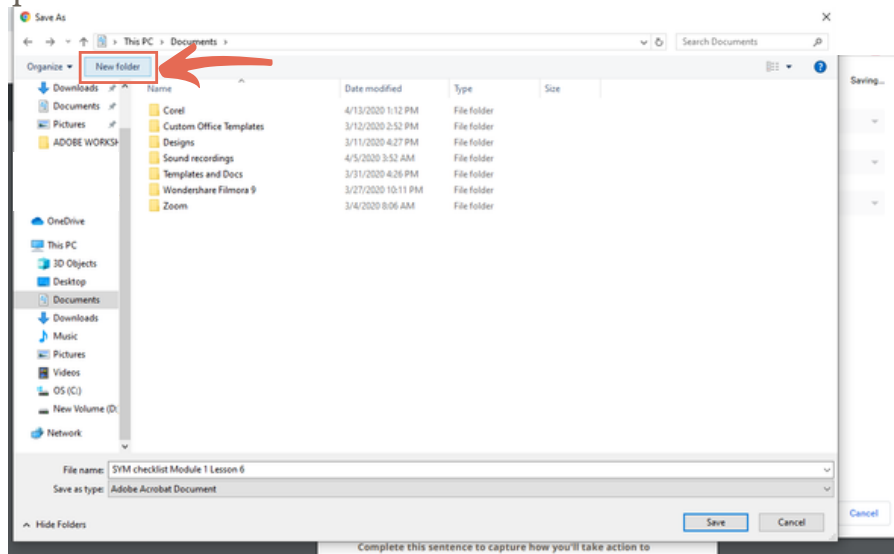
Step 1: Click on the print icon 



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

