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MODULE 3

# Module Completion Checklist

Lesson 6

# Module Completion Checklist

Supercharge Your Motivation

Authentika Academy

Authentika Consulting Inc.

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# Module 3 Completion Checklist

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

I completed page G, H, I and J in the Define My "Why" worksheet.

I completed the Time Audit Part 1 & 2.

I completed the Time Management Matrix Worksheet.

I completed the Automatic Thinking Checklist to add positive thoughts and a connection to how my positive thought will help me with my goal.

I created SMART goals for myself for both short and long-term goals.

I completed my Contract for Change commitment.



I have identified an accountability partner, group or coach.

I've tried the Pomodoro technique.

***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 3 of this e-course and I decided to recognize my accomplishment by \_\_\_\_\_ and I will do so on this date \_\_\_\_\_.

# RESOURCES

In Module 3, 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

### **Switch**

By: *Chip and Dan Heath*

### **Atomic Habits**

By: *James Clear*

### **The Pomodoro Technique**

By: *Francesco Cirillo*

<https://francescocirillo.com/pages/pomodoro-technique>

## Videos

### **The Pomodoro Technique**

<https://youtu.be/VFW3Ld7JO0w>



## **YouTube timer for the Pomodoro Technique**

<https://youtu.be/1znpjHDiqBk8>

## **The Power of Happy Chemicals**

<https://youtu.be/ldPuBk7a9V4>

## **The best to-do apps online**

<https://www.ntaskmanager.com/blog/best-to-do-list-apps/>

## **Assessments**



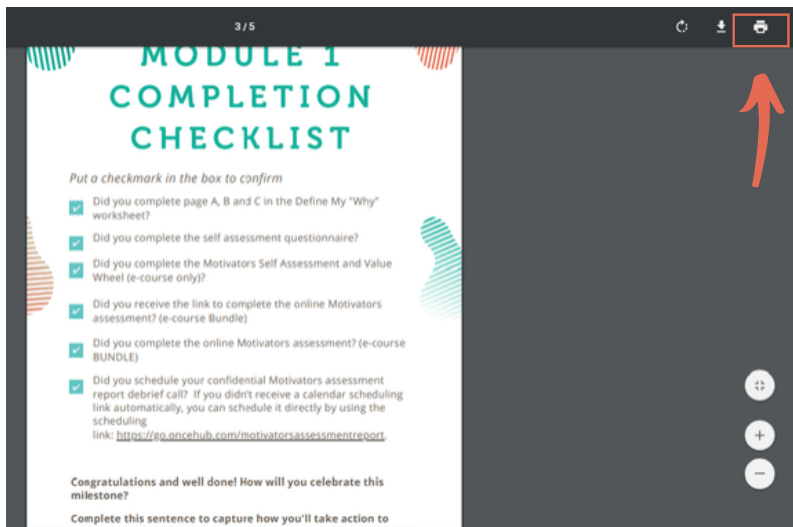
Authentika Consulting is international accredited as an advanced certified practitioner in providing coaching for evidence-based assessments.

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

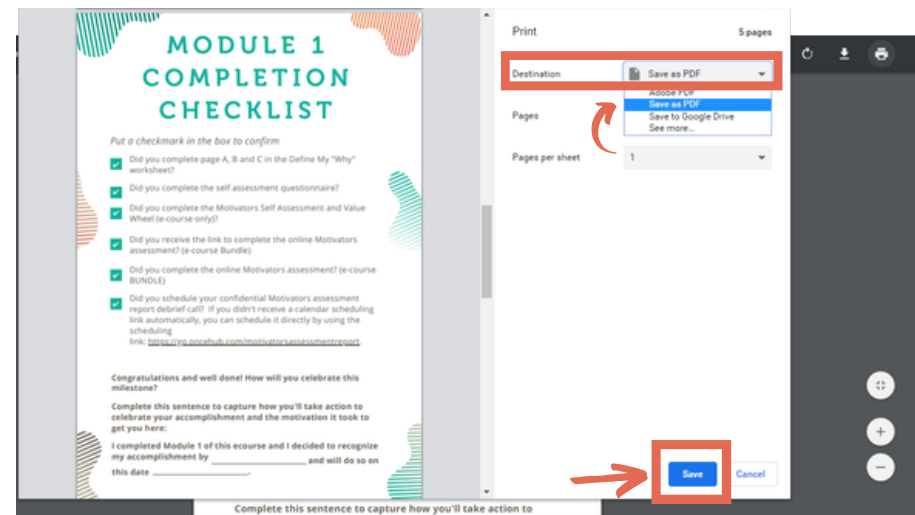
For any questions or for more information, please contact [info@authentikaconsulting.com](mailto:info@authentikaconsulting.com)

# Guide on how to save your worksheet

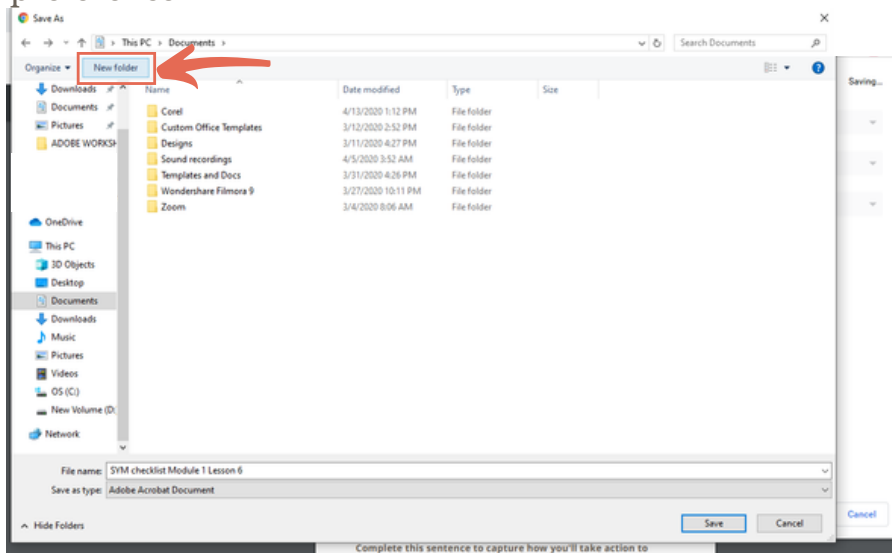
Step 1: Click on the print icon 



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

