

Bridging the Motivation–Action Gap

Understanding what's blocking progress, and how to move forward

If you're motivated but not taking action, your mind may just need support connecting 'wanting' to 'doing.' This worksheet helps you see the gap and select a strategy to close it.

Step 1: Identify Your Goal

Think of one goal you genuinely want – a resolution, project, or habit.

Step 2: Rate Your Motivation

How motivated do you feel about this goal? Select one.

1	2	3	4	5	6	7	8	9	10
I don't really care					I want this badly				

Step 3: Rate Your Action

How much momentum have you built toward this goal in the past week? Select one.

1	2	3	4	5	6	7	8	9	10
I've done nothing					Consistent progress				

Step 4: See the Gap

Motivation	–	Action	=	Gap

What your gap tells you:

- **Large gap (5+):** Your mind may struggle to connect motivation to action. The payoff feels too far away.
- **Smaller gap (1-4):** You're making progress, but something is creating friction.
- **No gap:** You're either in flow, or both motivation and action are low.

Three Strategies to Bridge the Gap

Pick the one that resonates most. You don't need all three.

Strategy A: Make the Small Step Mean Something

Small steps fail when they feel disconnected from the goal. Reframe your action by connecting it to what matters.

Ask yourself: What will this small step make possible? How does it serve future-me?

Strategy B: Shrink the Gap, Not Just the Task

What would move your Action score up by just ONE point? Not from 3 to 10 — from 3 to 4. One point of movement creates evidence that you can move.

Strategy C: Create a Bridge You Can See

ADHD minds need visible progress. If you can't see the bridge between today and your goal, build one. Circle one to try this week:

- A visual tracker (sticky notes I can move from 'to do' to 'done')
- A checklist I can physically cross off
- A 'done' list at the end of each day (not a to-do list — a record of what I did)
- Tell someone what I'm going to do (accountability without pressure)

Ready to go deeper? You may book a 30-minute coaching session with Valerie Snyder through your Mentavi patient portal.

This worksheet is for general educational purposes only and does not replace professional medical or mental health care.