

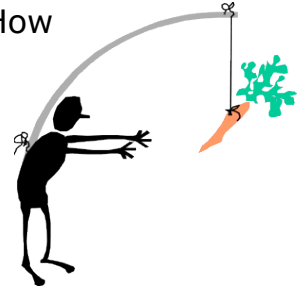


## Increasing Motivation

**Identify Values** or your life direction – what do you want to work towards? What is really important to you? What gives your life meaning and purpose?

### Set one goal

- Consider using third person: .....(name) will.....
- Add meaning and purpose: Who or what am I doing this for? How will it help?
- Plan steps on the way to your goal
  - How? When? With? etc
  - Make sure the goal is specific, realistic and achievable. How will you know when you've achieved your goal?
- Consider possible obstacles and how to overcome them



**Tell others** about your plans. Get their feedback and support.

**Pros and Cons:** What will change if I do nothing? What will I (or others) gain from doing this? Who or what will benefit?

### Stop unhelpful habits

- Create new habits. Perhaps change your daily activity. Create a healthy balance of work, rest and play.

**Acknowledge success. Reward yourself** when you reach each step.

- Review each day. Every morning, ask "what can I do today?" At the end of each day, "what have I achieved today, however small?" Write it down.

### Acknowledge unhelpful or negative thoughts and feelings

- Give up the struggle of trying to stop them
- "That's how the mind and body works, it's what it does"
- Use positive and encouraging self talk – be your own coach. Write it down and remind yourself often
- Practise self-compassion instead of self-criticism
- Change focus of attention – values and goals

### Visualise success

- Imagine, see yourself in your mind's eye starting out on your first steps, seeing things through and achieving your goal. Imagine how that would feel. Imagine the feedback from others.

### Act the role

- Choose someone to act as a role model – whether fictional or real. Imagine yourself acting in the character of that person, achieving your goal. Practise acting that that person for real – again using one step at a time

### Do it!

- In spite of thoughts or feelings...Take action
- Just do it
- Stick with it



If you do not change direction, you may end up where you are heading. *Lao Tzu*  
Nothing we can do can change the past, but everything we do changes the future. *Ashleigh Brilliant*